THE SIT-TO-STAND WORKSTATION TIP SHEET

Height adjustable work stations for sitting and standing work are becoming popular. “Logically, the real benefit of sit-stand is just that, changing between sitting and standing. But standing in a static posture is even more tiring than sitting in a static posture, so movement is important.” (Cornell, 2015). **Be sure to alternate between proper standing and sitting** postures multiple times throughout the work day. Here are some tips on how to get the most benefits from a sit-to-stand desk, regardless of whatever model you have.

**MIX IT UP  MAKE A MOVE  MONITOR POSTURE**

**CHECKLIST**

1. **Table Height**
   Table height and mousing devices should be slightly below elbow height when sitting or standing.

2. **Keyboard**
   Keyboard should be at a level where elbows are at 90-120°. Shoulders should be dropped at a neutral position.

3. **Monitor**
   Monitor should be at eye level, at an approximate arm’s length away.

4. **When sitting**
   Sit all the way in the back of the chair with feet flat on the ground. Lumbar support should be supporting the natural curvature of the spine.

5. **When standing**
   Stand tall with a strong core and dropped hips. Ensure that keyboard and monitor are set appropriately (#2, #3)

6. **Alternate** from sitting to standing every 40 minutes and stretch! Declutter objects on your desk to prevent objects from falling when alternating from sitting to standing.

**RESOURCES**

- Selecting a Sit-Stand Product with a Comparison Guide
- Pain Relief Program
- Pain Away Classes
- Computer Ergonomics Training