

Sit-Stand Workstations - Guidelines on Use

Best practice for prevention: for every 30 minutes of work – sit for 20 minutes (in a good posture); stand for 8 minutes (for sit-stand workstations); stand/move for 2 minutes (gentle stretching, walking). For a 7.5 hours workday (lunch is excluded) this equates to a total of 5 hours of sitting, 16 sit-to-stand changes, 2 hours of standing and .5 hours of moving. These durations may have to be adjusted according to medical conditions and/or restrictions.



- Use a timer or set Outlook reminders for posture change
- Wear supportive footwear (e.g., flat/no heels, good cushioning; NO heels)
- Adjust workstation so that keyboard and mouse are at standing elbow height (or top of desk slightly below elbow/forearm level) and top of monitor screen is level or slightly below eye level

- Keep the wrists straight while working in a standing position –and avoid resting wrists on work surface. A wrist rest may help to keep the wrists straight but can also lead to discomfort from contact stress. If using one, rest the bottom of the palm on the wrist rest rather than the wrist itself
- To minimize leg fatigue, consider using anti-fatigue mats and/or using a portable footrest to shift body weight from leg to leg occasionally (4-8" off the ground)

