

PLU Workstation Ergonomics Quick Guide

Standing or Sit/Stand Computer Workstation

In general, the location of your monitor(s), keyboard, and frequently-used items will be much the same as for a sitting workstation that most of us are most familiar with. However, there are some things to keep in mind if you are using a sit/stand or entirely standing workstation.

- Many experts recommend that you take it slowly (consider standing up to two hours per day) as you start getting used to a standing desk, and eventually build up to standing for four hours a day, alternating between sitting and standing about every 30 minutes.
- If you're pregnant or have pre-existing medical conditions that may affect your health if you decide to stand, speak to your healthcare practitioner before using a standing desk.
- If your workstation is set up to only permit you to stand (i.e. does not adjust from sitting to standing), consider using a tall chair/stool (with a foot-ring) to enable you to sit for a portion of your day.
- Be aware of the optimal height of your desk when you are standing so that you can return it to that height as you change between sitting and standing.
- A low-cost anti-fatigue mat is strongly recommended, especially if you lack a carpeted office or your carpet is thin.
- Posture is key to staying comfortable while you are standing. Having bad posture when you stand can add to fatigue and physical discomfort while you're standing.
- Add as much movement variability as you can during standing. This can be accomplished in a variety of ways. Use a footstool, box, or stack of books to stand in a stepping position - you can also change this position from left to right. Do not lock your knees while you stand.
- Take the time to consider your footwear options, especially if you're planning to stand a lot at your desk. Some people elect to bring an extra pair of comfortable shoes to change into at their desk, or make use of insoles.
- Position objects such as your chair, recycling bin, etc. out of the way so that they don't pose a tripping hazard when you're standing or leaving your office.