

## Sit to Stand Workstations

### What is a sit to stand workstation?



A sit to stand workstation is a work surface that has height adjustability, allowing an individual to use full sitting and standing postures. The key to effective use of a sit to stand workstation involves rotation between the two postures, rather than having to continuously use either sitting or standing. In many office environments, employees and managers are questioning whether a sit to stand workstation is appropriate for their needs when using their computer for extended periods of time.

#### Sit to Stand Workstation Myths:

##### **Alternating between sitting & standing reduces sedentary behavior**

– **Fact:** Both sitting and standing are considered sedentary behavior

##### **Alternating between sitting & standing is an effective weight loss strategy**

– **Fact:** Vendors' claims of increased energy expenditure associated with sit to stand workstations are scientifically unproven and misleading.

##### **All individuals with musculoskeletal discomfort can benefit from a sit to stand workstation**

– **Fact:** Standing in one spot contributes to lower limb discomfort/pain for those with lower extremity vascular issues. Alternating from sitting to standing is of no value to those who cannot stand more than 15 minutes due to lower back symptoms. Upper limb discomfort associated with computer work is not likely to differ between sitting and standing.

#### When is a sit to stand workstation of value?

##### **High task demands with fewer breaks.**

When breaks are difficult to schedule, a sit to stand workstation can vary postures.

##### **Specific physical symptoms where occasional standing provides relief.**

While beneficial to those with specific low back, hip or knee symptoms, prolonged standing can aggravate some of these symptoms.

##### **Shared workstations**

Easily adjustable, shared workstations can accommodate various size and stature needs.

#### Hazards associated with sit to stand workstations

##### **Standing too long**

Standing longer than 30 minutes continuously without a postural break can increase reported discomfort in the legs and lower back.

##### **Awkward postures**

Work surfaces that do not accommodate full sitting and standing postures, leading to awkward postures being adopted. For example:



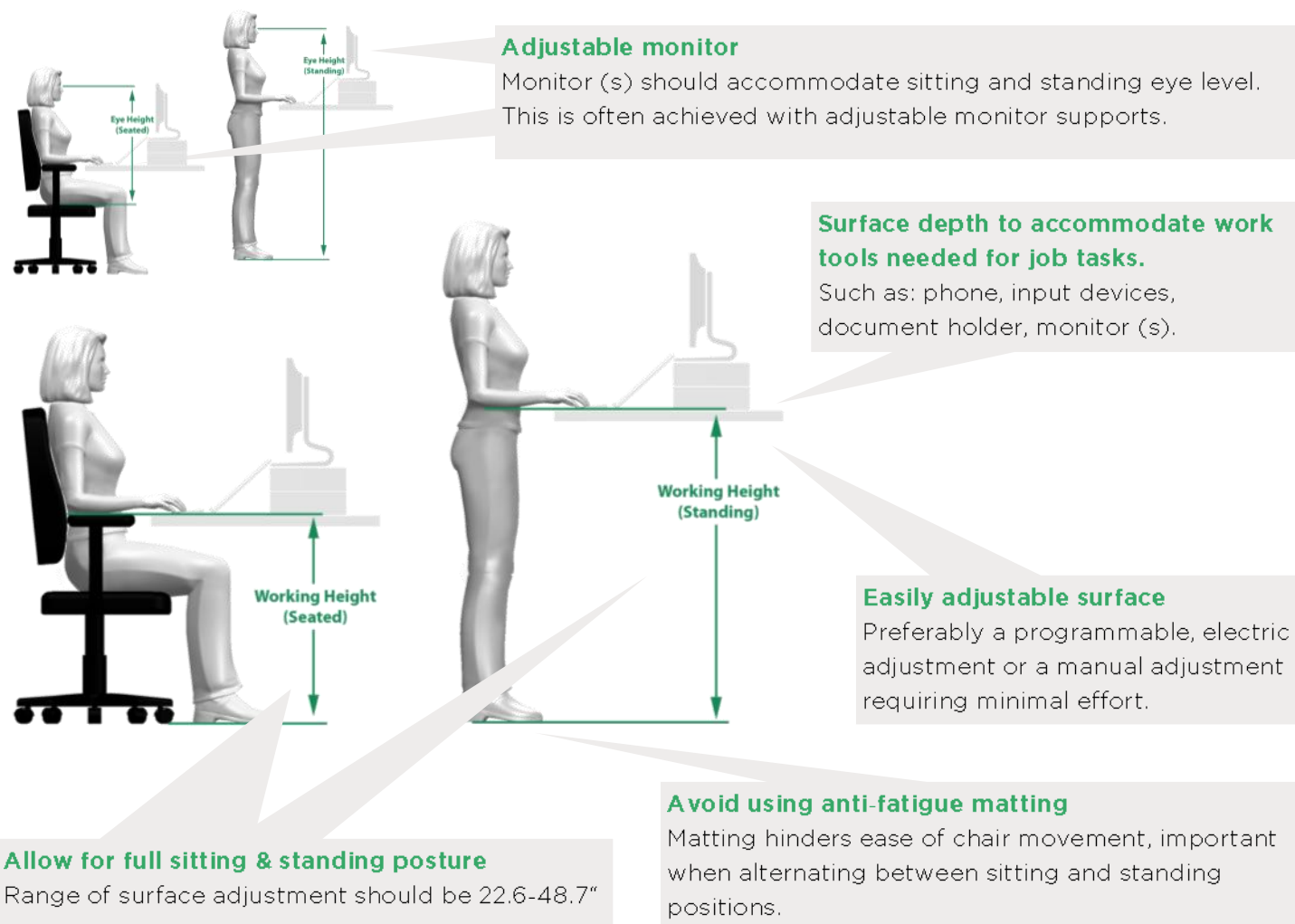
Shrugging shoulders.



Upper & lower back bending forward.

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### Key features to consider for a sit to stand workstation



### Considerations for an Ergotron or Varidesk attached to an existing workstation:

- Will the attachments for the device interact well with the existing surface?
- Will existing furniture be able to support the device load and height adjustment movements? Will it remain stable?
- Will the surface provide enough space to perform tasks without encouraging awkward postures?
- Are there light fixtures, shelving and other structures above the work surface that would block or interfere with the use of the device. Can they be removed if required?