

Sit-Stand Workstations

What kind of computer workstations are available?

1. A **traditional workstation** involves a standard seated-height desk and full adjustable office chair. Some options for height adjustability include pin-height adjustable tables, keyboard trays and crank tables.
2. A **standing workstation** involves a fixed-height desk that is adjusted to the employee in a standing position. This type of workstation is not recommended for use longer than 10-20 minutes. Standing for prolonged periods of time can lead to leg and lower back fatigue as well as circulatory issues in the legs.
3. A **sit-stand workstation** involves a workstation can be adjusted for sitting and raised for standing. Electric height-adjustable options have become more affordable.

Are exercise ball workstations better for my health?

Exercise balls or ball chairs are **not recommended nor approved** as a replacement for a good ergonomic office chair. These balls fail to provide any back support, especially in the lumbar region which is an essential component of an ergonomic chair. Also, a chair seat pan is typically made of a breathable material to transport heat and moisture away from the body but the material of a ball is non-breathable. Finally, exercise balls are not stable and require proper inflation. They pose a high risk of falls, trips and injuries.

What is the best posture for my workstation, sitting or standing?

The best option for users who face long hours of sedentary work is to use a combination of sitting and standing. The human body responds best to a balance between static and dynamic activity, between activity and recovery, between sitting and standing. You have to balance your day.

I have a sit-stand station already, what can I do to maintain a healthy lifestyle?

1. Make sure your standing table height is approximately at your standing elbow height
2. Use a supportive, adjustable chair to sit regularly
3. Make sure the keyboard/mouse height and monitor height are all ideal in both sitting and standing postures
4. Wear supportive shoes with little or no heel
5. Remember to alternate postures regularly; listen to your body- when you are tired, change positions
6. Pay attention to how your body is responding, and make sure you ask for help if you need it

