

# Your Sit-stand Workstation



As when seated at your desk, proper positioning while standing at your sit-stand workstation can help increase comfort and reduce strain.

## Review and Adjust

- Legs, torso, neck and head vertically aligned
- Elbows at approximately a 90-degree angle and close to body
- Forearms parallel to floor
- Wrists straight
- Tops of screens at eye level
- Knees slightly bent
- Use footrest to raise one leg when fatigued or use sitting position
- Wear flat heels whenever possible

WHEN FIRST USING SIT-STAND EQUIPMENT, START WITH A SHORT STANDING DURATION (E.G., AN HOUR A DAY FOR THE FIRST WEEK). GRADUALLY INCREASE STANDING TIME. REGULARLY ALTERNATE BETWEEN SITTING AND STANDING. CONSIDER USING AN ALARM TO REMIND YOU TO CHANGE POSITION THROUGHOUT THE DAY.