

YOUR SIT-STAND WORKSTATION



Proper positioning while standing at a sit-stand workstation can help increase comfort and reduce strain.

When first using sit-stand equipment, stand for short durations. Then gradually increase standing time. Alternate between sitting and standing.

REVIEW AND ADJUST

- Legs, torso, neck and head are vertically aligned
- Elbows are at approximately a 90-degree angle and close to body
- Forearms are parallel to the floor
- Wrists are straight and in line with forearms
- Monitor(s) is at a height where your head and neck are neutral (no tilting of head up or down)
- Knees are slightly bent
- Use footrest to raise one leg when fatigued or use sitting position
- Wear flat heels whenever possible