

# Sit to Stand Workstation

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## 1.0 Purpose

There is considerable evidence to suggest prolonged sitting or standing can lead to poor health outcomes, increasing the risk of fatigue, illness, and disease, even when people exercise regularly.

Safe Work Australia suggests that altering our postures regularly between sitting and standing (recommended to move after sitting for 30 minutes) has many benefits including reducing the risks of fatigue, chronic diseases, improved weight management and reducing the risk of developing musculoskeletal disorders.

## 2.0 Scope

These guidelines have been developed to assist Griffith University staff members of all elements to set up their workstations most effectively and in alignment with Safe Work Australia recommendations.

## 3.0 Guidelines

### 3.1 Strategies to sit less and move more at work:

- stand and take a break from sitting at your desk every 30 minutes
- use stairs and avoid lifts
- print to the furthest printer
- stand to greet visitors
- reduce emails and phone calls where possible by visiting colleagues at their desks
- host walking meetings
- eat lunch away from your desk
- park the car further away from work
- use headsets/speakers during meetings to enable standing
- stand at the back of meetings presentation so you can alter your posture between sitting and standing.

### 3.2 Making the most out of your sit to stand workstation:

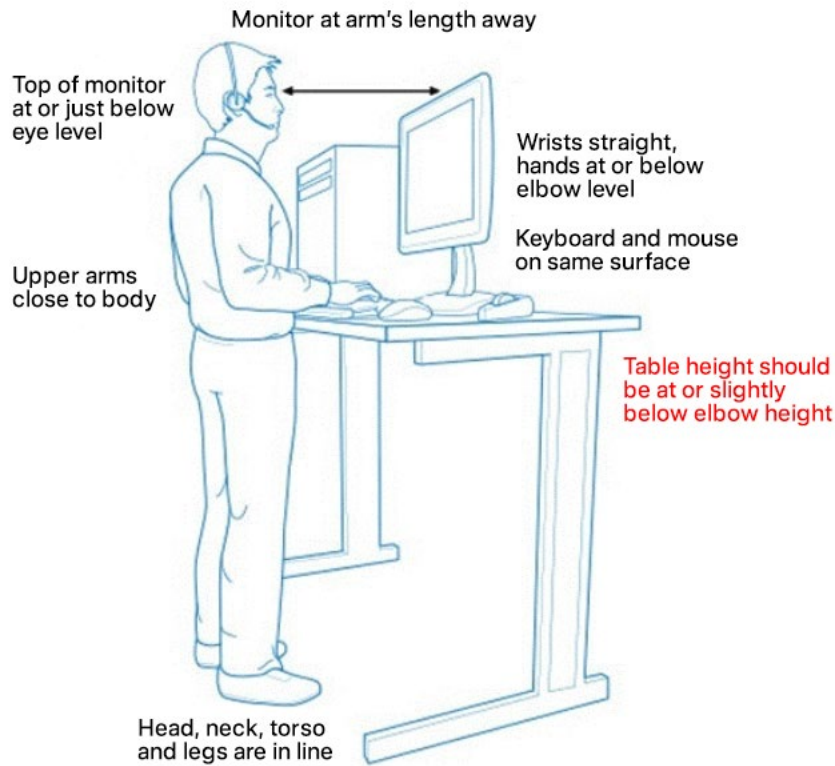
- The aim is to regularly change postures between sitting, standing, and moving, to avoid prolonged sitting or standing at your workstation.
- Listen to your body (especially if you experience discomfort or pain) and alternate between sitting, standing, and moving.
- Seek medical advice from your health provider regarding and precautions for standing if you are pregnant or have a pre-existing musculoskeletal problem.
- Start standing for short periods and gradually build up to longer standing periods over time.
- Consider the type of footwear worn i.e., low heel and supportive is preferable (consider leaving a pair at work).
- When standing, position your chair to avoid creating a trip hazard for yourself or others.
- Set up the workstation so you are not directly overlooking your colleague when in the standing position, strategic use of dividers can assist in reducing the potential noise and visual changes that may occur when using the standing workstation.

#### **Please remember:**

Current guidelines for predominately desk-based work suggest initially building up to two hours of standing and movement over the workday with a view to standing and moving for a total of four hours spread over the day (pro rata for part time hours).<sup>1</sup> Anti-fatigue mats are generally not needed as carpet and underlay usually provides sufficient support. Mats can be a trip hazard for yourself or your colleagues or may cause strains or sprains when moving it to use your chair. If you prefer using one to acclimatise yourself to longer standing periods, use a light weight and easy to move anti-fatigue mat for standing periods and check that it does not become a trip hazard or increase sprains or strains.

### 3.3 How to set up your sit to stand desk:

- The height of the standing desk is determined by relaxing your shoulders and bending your elbows at 90 degrees,
- Adjust the desk height to just below the forearms, forearms remain parallel to the desk,
- Keep your neck at neutral, shoulders relaxed and your wrists straight in front of you,
- Your hands should float over the keyboard with straight, relaxed neutral wrists.
- Eyes should align with the top of the screen,
- Make sure you keep your knees slightly bent while standing, avoid hyperextending or locking joints,
- To minimise leg fatigue, shift weight from one leg to the other occasionally,
- Frequently adjust your position throughout the day,
- Take frequent breaks away from your computer.



## 4.0 Definitions

**Prolonged Standing:** Prolonged standing can be defined as standing more than one hour without moving from the workstation and standing more than four hours a day.

**Prolonged Sitting:** Prolonged sitting can be defined as being sedentary for 2 hours or longer at a time. It has three main characteristics: low energy expenditure, a seated body posture, static loading (physical exertion to maintain the same position).

**Anti-Fatigue Mat:** Anti-Fatigue mats are mats designed to reduce fatigue caused by standing for long periods on a hard surface.

