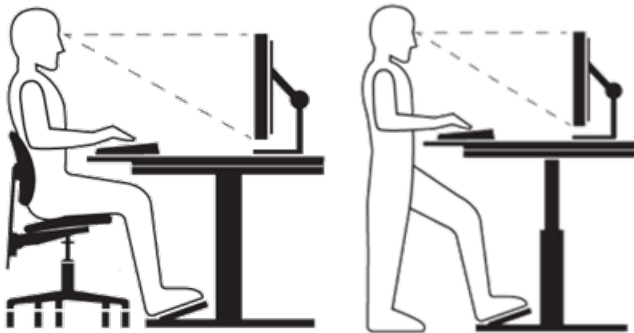


SIT-STAND WORKSTATIONS

WHAT IS A SIT-STAND WORKSTATION?

A [sit-stand workstation](#) is a work surface that can be raised or lowered, which allows the user to alternate between sitting and standing. The benefits of sit-stand workstations are users can integrate movement into their workday and a shared workstation can be adjusted to fit multiple people.



Source: Canadian Center for Occupational Health & Safety

WHO MAY BENEFIT FROM USING A SIT-STAND WORKSTATION?

Sit-stand workstations may benefit people who are:

- Sitting at a workstation for most of their workday.
- Experiencing back pain or discomfort after being stationary at their workstations for most of their workday.
- Sharing a workstation that needs to be adjusted to fit people of various sizes.

SITTING VS. STANDING: WHICH ONE IS BETTER?

> **Sitting:** Extended sitting time is correlated with chronic cardiovascular diseases, obesity, and type II diabetes.

Standing: Extended standing time could cause lower extremity edema, fatigue, varicose veins.

Neither sitting nor standing for too long are good for your health. Having a combination of two will result in better health outcomes.

Avoid sitting too long:

- Move around when possible.
- Use the 20/20/20 Rule. Every 20 minutes, stand for 20 seconds and look 20 feet away from your screen.
- Hold standing or walking meetings (when agenda permits).

Avoid standing too long:

- Take regular sitting breaks.
- Move around when possible instead of standing still for too long.
- Use a foot rest and/or anti-fatigue mat to encourage movement in the lower limbs and avoid foot discomfort.

CAN I GET A SIT-STAND WORKSTATION?

Environmental Health & Safety (EH&S) strongly recommends an electric adjustable sit-stand work surface for University personnel when possible. However, alternatives are available when a sit-stand workstation is not feasible.

ALTERNATIVES TO A SIT-STAND WORKSTATION

If acquiring a sit-stand workstation is not feasible, the following equipment should be considered:

1. Articulating keyboard platform (keyboard tray)

Example shown below.



Source: [Creating a Work or Home-Based Ergonomic Workspace with Peter Johnson](#)

2. Adjustable monitor stems or monitor arm(s)

Example shown below.



Source: [Amazon.com](#)

3. Adjustable chair

Example shown below.



Source: [Amazon.com](#)

4. After-market (desktop) sit-stand surface

Example shown below.



Source: [Amazon.com](#)

The decision to provide a sit-stand workstation (or any other type of ergonomic office equipment) is at the discretion of the employee's supervising unit or department.

The provision of equipment may be required in cases of a reasonable accommodation approved through the [Disability Services Office](#).

If you are under medical treatment and require an accommodation for ergonomic equipment, please contact the Disability Services Office.

DO I NEED AN ERGONOMIC EVALUATION?

If your unit or department requires you to have an ergonomic evaluation, please complete the [Office Ergonomic Evaluation Form](#) (UW NetID required).

Please note that the evaluation will *not* result in a formal recommendation from EH&S for a sit-stand workstation; often the result is a set of recommendations for improving the ergonomics of a workstation.

For evaluation requests related to non-office environments, contact [EH&S](#).

Contact EH&S at (206) 543-7388 or ehsergo@uw.edu for more information.