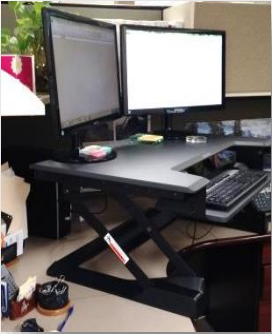


Ergonomics

Sit-Stand Workstations...are they needed?



Sit-stand workstations are becoming a highly requested alternative workspace. From an ergonomic perspective, adjustable sit-stand workstations allow employees to vary their posture throughout the workday.

Why is this important you ask? Because whether you're sitting or standing, regular movement is the crucial factor. Each time we move from a stagnant position, even for a few minutes, our body starts to circulate blood and provide important nutrients to our muscles. Research shows you don't need to do vigorous exercise to reap the benefits of regular movement.



Alan Hedge, Director of Human Factors and Ergonomics at Cornell University, advocates standing and moving every 20 minutes. These micro-breaks can be as simple as walking to the printer or getting a beverage from the breakroom.

WHEN IS A SIT-STAND WORKSTATION NEEDED?

Consider providing a sit-stand workstation for employees who experience back pain when sitting for less than 30 minutes or for employees who do not have the option of leaving their workspace (i.e., police dispatch).

Generally speaking, if the employee has little or no back pain and can move frequently throughout the workday, they probably don't need a sit-stand workstation.

It's important to note each person has individual health factors to take into consideration. If you have questions or need assistance, contact your Risk Control Manager. We can conduct ergonomic evaluations and help you find the right ergonomic equipment.

WHAT TO LOOK FOR IN A SIT-STAND WORKSTATION

- Height-adjustable desktop
- Adjustable keyboard tray
- Adjustable monitor platform or arm
- Easily adjustable components

ENCOURAGE MOVEMENT

Create a work environment that encourages your employees to:

- ✓ Stand up and move often, ideally every 20 minutes but even hourly makes a positive difference
- ✓ Take regular walking breaks
- ✓ Step outside occasionally for fresh air
- ✓ Use the stairs instead of the elevator
- ✓ Take breaks
- ✓ Stay hydrated

