

Sit-stand desk guidance

Posture

Make sure your screen is set at a height that allows you to keep a comfortable neutral neck posture (head not pushed forward, and in the posture you would have when looking straight ahead). Even with a sit-stand desk, this may still mean you need to use a suitable laptop stand, monitor riser or monitor arm.

Stay aware of your pelvic tilt and actively manage it to prevent your lower back becoming too curved inwards.

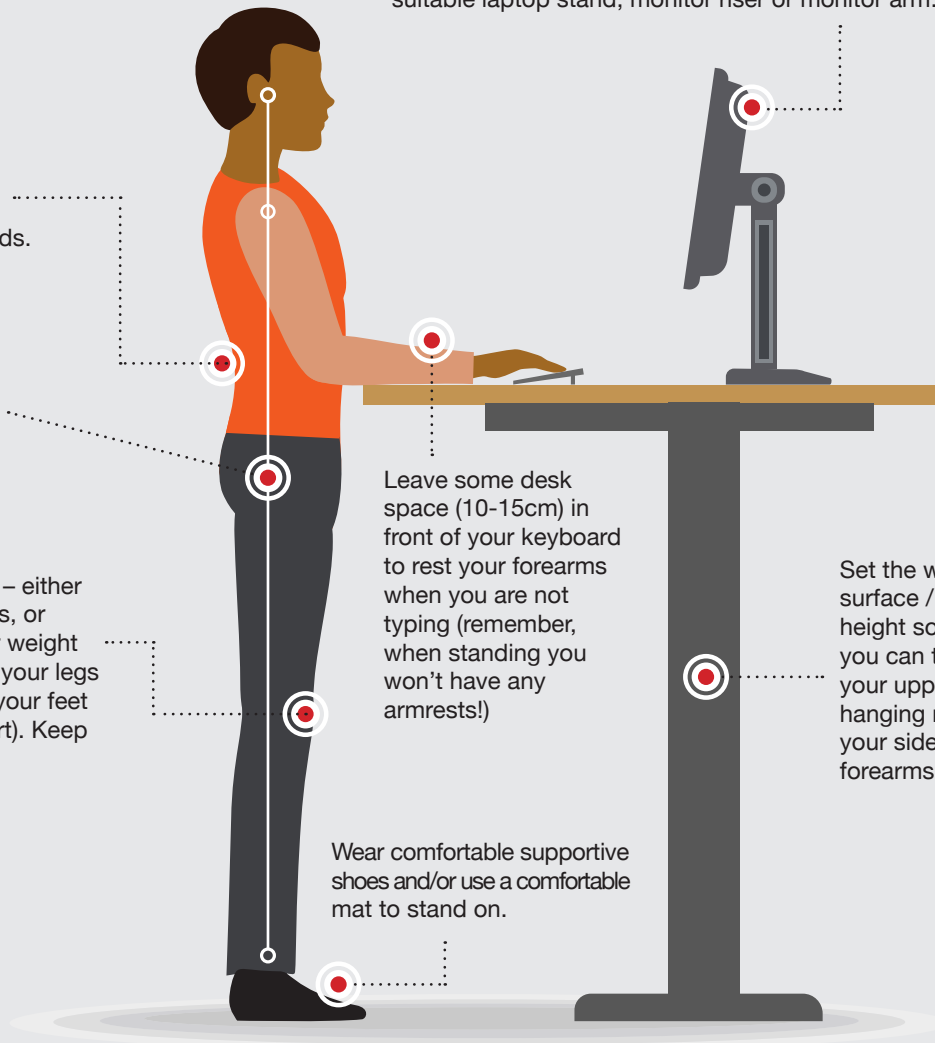
Aim to line up your ankles, hips, shoulders and ears.

Avoid standing and leaning – either on your desk with your arms, or on one leg. Stand with your weight evenly distributed between your legs (unless you are alternating your feet onto a standing foot support). Keep your knees unlocked

Leave some desk space (10-15cm) in front of your keyboard to rest your forearms when you are not typing (remember, when standing you won't have any armrests!)

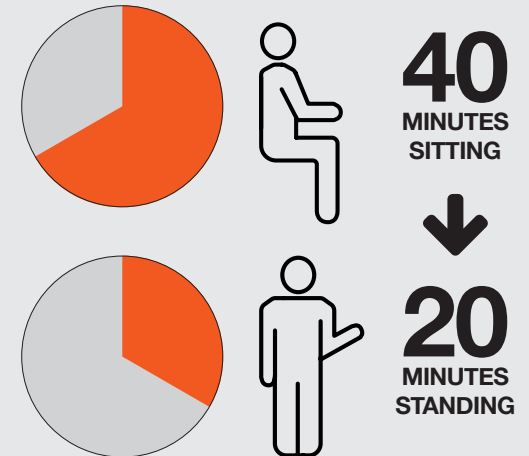
Set the work surface / keyboard height so that you can type with your upper arms hanging relaxed at your sides and your forearms horizontal.

Wear comfortable supportive shoes and/or use a comfortable mat to stand on.



How long should I stand for?

For anyone with no underlying health issues, a recommended ratio when starting out is 40 minutes sitting for every 20 minutes standing, plus a few minutes moving around away from the desk.



PLUS A FEW MINUTES MOVING AROUND AWAY FROM THE DESK

There are apps that can help you remember to alternate working postures, – these allow you to set a sitting and standing period and give you discrete alerts when it is time to switch.



Sit-stand risers

These are raising and lowering platforms that sit on top of a standard desk or a table. There are two main types:

Single surface

These are devices such as the Oploft, Bontec or Von Haus riser. They offer a single surface that lifts and lowers.



Dual surface

These have a lower surface for a keyboard and mouse, and an upper surface for the monitor / laptop, they lift and lower together.



REMEMBER: 40 minutes sitting for every 20 minutes standing, plus a few minutes moving around away from the desk.

Full surface sit-stand desks

With this type of desk, the whole desk surface raises and lowers depending on whether you are sitting or standing.



These desks provide space to spread out – particularly if you have paperwork etc. This means you have space for additional items such as document holders etc..



Control panels with memory settings make it easier and simpler to switch between sitting / standing / perching - just at a single button press and release

Making standing more comfortable

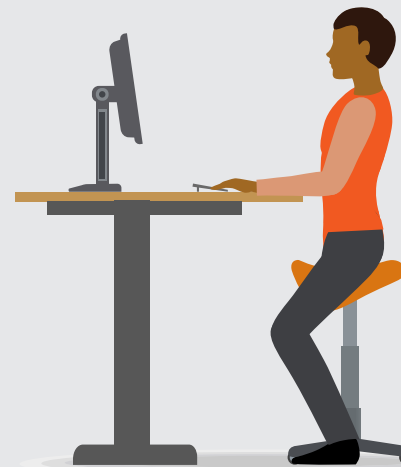
Your aim should be to alternate between sitting and standing before feeling discomfort. But in some cases if people find sitting even for short periods very uncomfortable, there are some ways of making standing more comfortable, active and delaying the onset of stiffness. These include:

- ✓ Balance boards with a central pivot
- ✓ Contoured cushioned mats
- ✓ Anti-fatigue mat (make sure it is good quality and avoid wearing heels when using one)
- ✓ Physiotherapy cushions
- ✓ A standing footrest

Consider perching

Some people find perching (semi-sitting posture) more comfortable because it avoids the extremes of either sitting or standing. A well designed ergonomic stool or chair can enable you to do this comfortably.

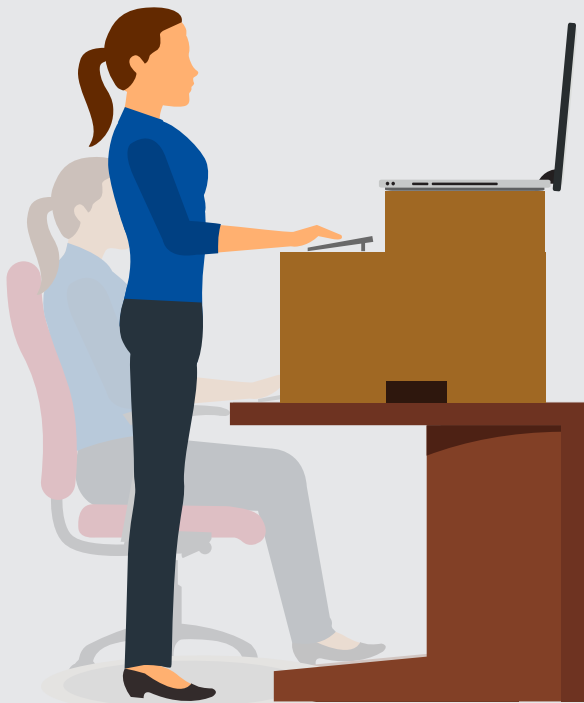
You could then alternate between standing and perching, or sitting and perching, if you find either sitting or standing particularly uncomfortable.



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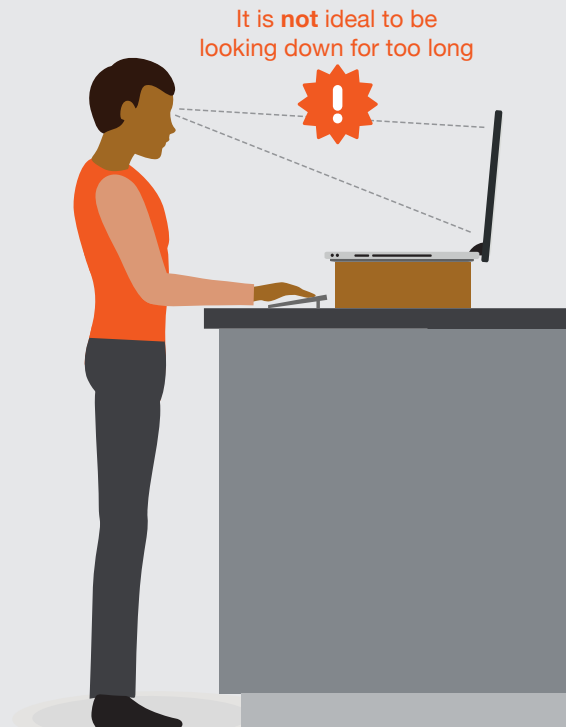
Standing only

We do not recommend you stand still for long periods but standing-only desks can be used as a second workstation to switch to throughout the day. There is effort involved in moving equipment to them from your seated position but, there are a range of options from inexpensive cardboard folding risers to substantial wooden risers.



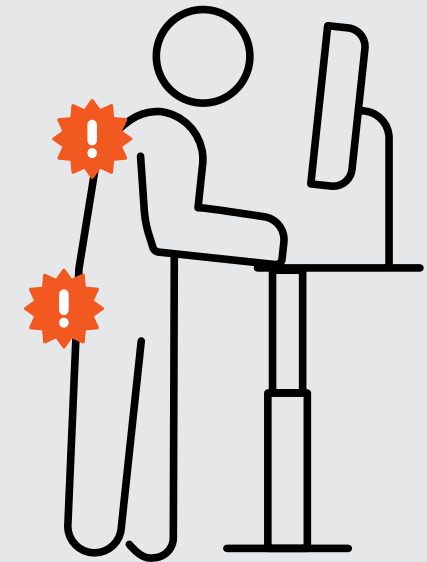
Ad-hoc standing

If you don't have anywhere to keep a standing desk, you could set up an ad-hoc area where you can move to for periods of standing work. Possible 'ad-hoc' standing areas include – tops of chests of drawers or kitchen worktops. You may need to add something to the top of these surfaces to bring your keyboard to a suitable height (allowing your forearms to stay horizontal when typing).



Caution

Avoid long periods of standing still – and if you have any health conditions that may be affected by sit-stand working, check with your GP or physician.



**ONE SIZE DOES NOT FIT ALL
EVEN IF A DESK IS HEIGHT ADJUSTABLE!**