


**PROPER USE OF SIT/STAND WORKSTATIONS**

A sit/stand workstation is a desktop device or adjustable-height table, which allows users to easily alternate between working from a seated position to a standing position. Many types of sit/stand products have been developed over the years to accommodate this growing trend. The illustrations below show a small example of the types of sit/stand products available.

Examples of Sit/Stand WorkStations		
C-Clamp Desktop Sit/Stand 	Monitor Arm Sit/Stand 	Variable-Height Sit/Stand Table 

**Is Standing Really Better Than Sitting?**

Studies show that neither sitting nor standing in a static posture for an entire workday is better than the other. The benefit provided by a sit/stand workstation actually occurs from regularly transitioning from the sitting to the standing position and vice versa. Following the guidelines in the illustration below, an individual can expect to change positions about 16 times per day.

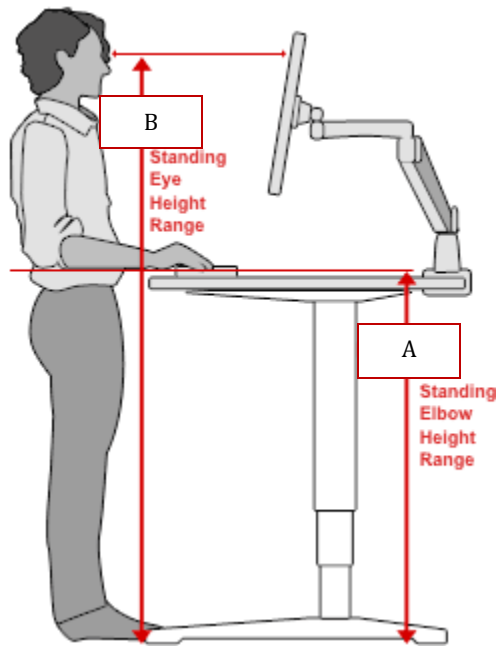


**Who Would Benefit the Most From a Sit/Stand Workstation?**

Employees who spend several hours a day at a desk who may not be able to regularly mix walking and other non-desk work tasks into their day benefit the most from a sit/stand workstation.

**What is the Impact of Footwear and Flooring?**

Wearing cushioned footwear that provides support is very important. Standing in footwear such as heels, flats or thin sandals can cause substantial discomfort over time. Standing for extended periods on hard flooring such as wood, tile or concrete can also cause similar discomfort. An anti-fatigue mat can help reduce discomfort caused by hard flooring.



Standing Elbow Height Range (A)	Standing Eye Height Range (B)
36.5"	55.7"
37.1"	56.6"
37.8"	57.6"
38.2"	58.6"
38.8"	59.4"
39.6"	60.4"
40.1"	61.2"
40.7"	62.2"
41.9"	63.6"
42.5"	64.4"
43.3"	65.4"
43.5"	66.1"
44.3"	67.0"
45.2"	67.9"
46.1"	68.6"
47.0"	69.3"
48.1"	70.1"
49.2"	71.0"

If you have any questions, please contact EHS at [ehs@yale.edu](mailto:ehs@yale.edu) or 203-785-3550. For more, visit [ergo.yale.edu](http://ergo.yale.edu).