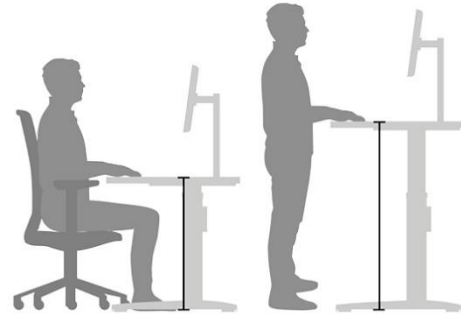


## Sitting vs. Standing Workstations: The Great Debate

The debate rages on, and everyone has an opinion about whether sitting or standing at work is better for your health. Whatever approach you take to a workstation, there are many things to consider. Some things you don't want to neglect, though, are prioritizing moving and maintaining an upright posture.



Sitting for long periods has some specific health implications:

- Reduced blood flow to the legs and brain.
- Decreased blood vessel health.
- Lowered production of substances that help control blood sugar levels and cholesterol.
- Increased risk of heart disease.

Standing for long periods of time can come with its own risks, including:

- Swelling in the feet and foot pain.
- Vascular issues.
- Low back pain.

The best bet for any approach in a workstation, whether sitting, standing, or a hybrid approach, is moderation, incorporating stretch breaks, and adjusting your chair and computer devices to promote neutral postures.

Tips to Help You Combat Prolonged Sitting or Standing at Work

- ✓ If you can, walking during a call allows you to get some movement into your day.
- ✓ Step away from your desk at lunch. Eating at your desk while working promotes awkward postures.
- ✓ Set a timer for 30 minutes and alternate between sitting and standing.
- ✓ Use an antifatigue mat to help ease the strain of standing.

- ✓ Set an alarm on your phone or set an appointment in your calendar to remind you to take sit/stand breaks throughout the day and incorporate stretches.
- ✓ If you can't step away from your desk, you can still move and stretch from your desk chair.
- ✓ Movement is FREE and helps blood circulation through the muscles.

For any workstation, getting your posture right by adjusting your chair and work area to promote neutral postures is essential. Use these pictures to guide your setup.



- A EYE LEVEL EVEN WITH TOP OF MONITOR
- B VIEWING DISTANCE 15-30 INCHES
- C WRIST STRAIGHT
- D ELBOW ANGLE 90° & CLOSE TO BODY



- A EYE LEVEL EVEN WITH TOP OF MONITOR
- B VIEWING DISTANCE 15-30 INCHES
- C ELBOW ANGLE 90° & CLOSE TO BODY
- D WRIST STRAIGHT
- E KNEE ANGLE 90°
- F FOOT REST OR FLAT FEET
- G SEAT HEIGHT 15-20 INCHES
- H LOWER BACK SUPPORT