



**Mount  
Sinai**

*Selikoff Centers for  
Occupational Health*



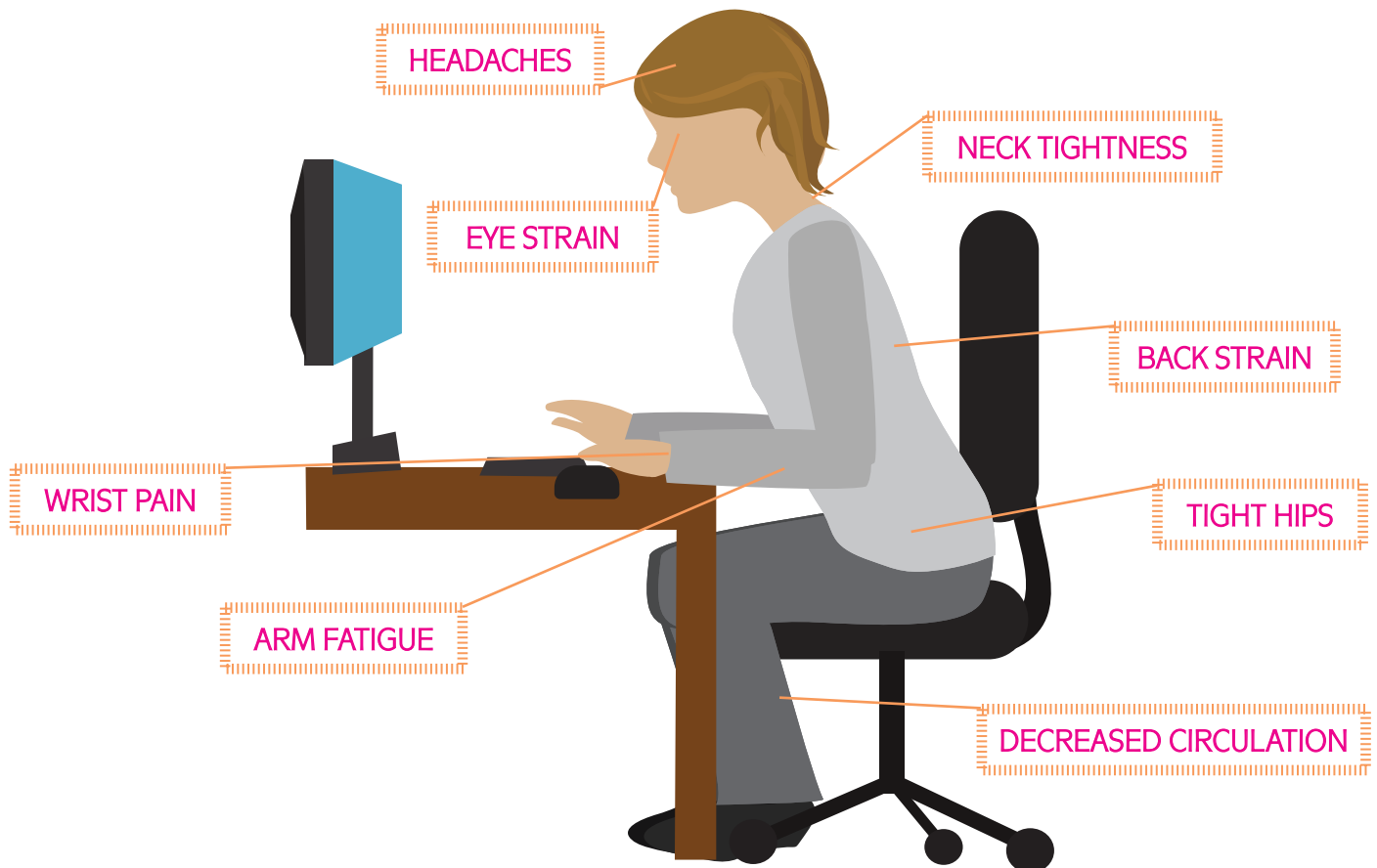
## SIT TO STAND WORKSTATIONS

Varying your work positions is a great way to improve your health. The benefits of alternating between sitting and standing include lowering your risk of chronic diseases such as diabetes, heart disease and stroke, some cancers, and depression!

Moving intermittently through out your workday can help loosen tight muscles, enhance your posture, and increase circulation, all which help strengthen your legs and improve balance.

Sprinkle in 2 minutes of movement every 30 minutes and you've got a recipe for a healthier workday!

### POOR POSTURE FOR LONG PERIODS OF TIME CAN LEAD TO:



# SIT STAND SOLUTIONS

Types of workstation solutions:

- Standing height tables
- Desktop unit with a keyboard tray
- Adjustable height tables

Before you buy, spend two weeks simulating sit-stand to determine the best type of workstation for you.



- Use boxes to create the workstation and try working for at least two hours per day by standing for at least five minutes each half hour.

## TIPS THAT WORK

- If you're just starting a sit-stand-move program, treat it like any other sports activity, start small and slow. A common launch is 20 minutes sitting to five minutes of standing and two minutes of movement.
- Don't stand until you're tired and then sit – it's a set up for fatigue!
- Wear comfortable shoes with rubber soles and cushioning.
- When standing, shift your weight from side-to-side to alternate your body load and increase circulation.
- Move, move, move: Research shows that once you're working standing, you're more likely to move.
- Take calls standing using a speaker phone or wireless earset.
- Set up your standing computer properly. Similar to sitting, you want to be upright, view active work directly in front of you, and place your arms at a right angle position with your shoulders relaxed.
- Make sure your monitors are high enough so you're not hunched over.
- Set a timer, use a posture minder or activity monitoring device to help you succeed.
- Do this at home! Take calls standing, or pace around your home for two minutes after performing a sitting activity.

If you have a history of medical or orthopedic issues that could be impacted by this new way of working, consult with your medical professional for clearance.

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If you experience discomfort while working see a healthcare professional who is experienced in occupational medicine. The providers of the Mount Sinai Selikoff Centers for Occupational Health are experts in preventing, diagnosing, and treating occupational injuries and diseases. For over 50 years the Selikoff Centers have strived to keep workers and their workplaces injury-free and safe.

For more information, please visit [www.mountsinai.org/selikoff](http://www.mountsinai.org/selikoff) or call 888.702.0630.