STANDING WORKSTATION GUIDELINES

Benefits:

• Improve Health:
  o Lose weight
  o Improve cholesterol levels
  o Decrease risk of cancer, cardiovascular disease and premature death
• Improve Productivity
  o Changing position often inspires new ideas and stimulates creativity
  o Increase overall alertness

Precautions:

• Should not be used by people with health conditions that could be aggravated by prolonged standing (knee/hip/spine osteoarthritis, certain circulatory disorders, etc.). If unsure, contact your healthcare provider
• Standing on hard surfaces can increase the amount of stress to your joints. Use a cushioned mat to provide some shock absorption
• Start slow. Don’t attempt to stand for an entire 8 hour shift right away. Gradually increase the amount of time spent standing

Choosing the type of standing workstation:

• Raised desk surface
  o The entire desk surface can be raised and lowered to the desired height thru the use of an electric motor or hand crank (electric motor is preferred)
  o All items on desk (computer, phone, writing materials, etc.) are raised/lowered to desired level
  o Costs vary significantly in terms of desk size, finishes, etc. Typical cost is $2000 and up
• Components
  o Various add on components are installed to the current desk that allow the user to work in either a sitting or standing position
  o Typically, only the computer (monitor and keyboard) moves. The desk surface is stationary (may have a small writing table attached)
  o Cost is around $500