STANDING WORKSTATION GUIDELINES

Benefits:

- Improve Health:
  - Lose weight
  - Improve cholesterol levels
  - Decrease risk of cancer, cardiovascular disease and premature death

- Improve Productivity:
  - Changing position often inspires new ideas and stimulates creativity
  - 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
  - The entire desk surface can be raised and lowered to the desired height through the use of an electric motor or hand crank (electric motor is preferred)
  - All items on desk (computer, phone, writing materials, etc.) are raised/lowered to desired level
  - Costs vary significantly in terms of desk size, finishes, etc. Typical cost is $2,000 and up

- Components
  - Various add-on components are installed to the current desk that allow the user to work in either a sitting or standing position
  - Typically, only the computer (monitor and keyboard) moves. The desk surface is stationary (may have a small writing table attached)
  - Cost is around $500