

## Want to Sit/Stand at Work?

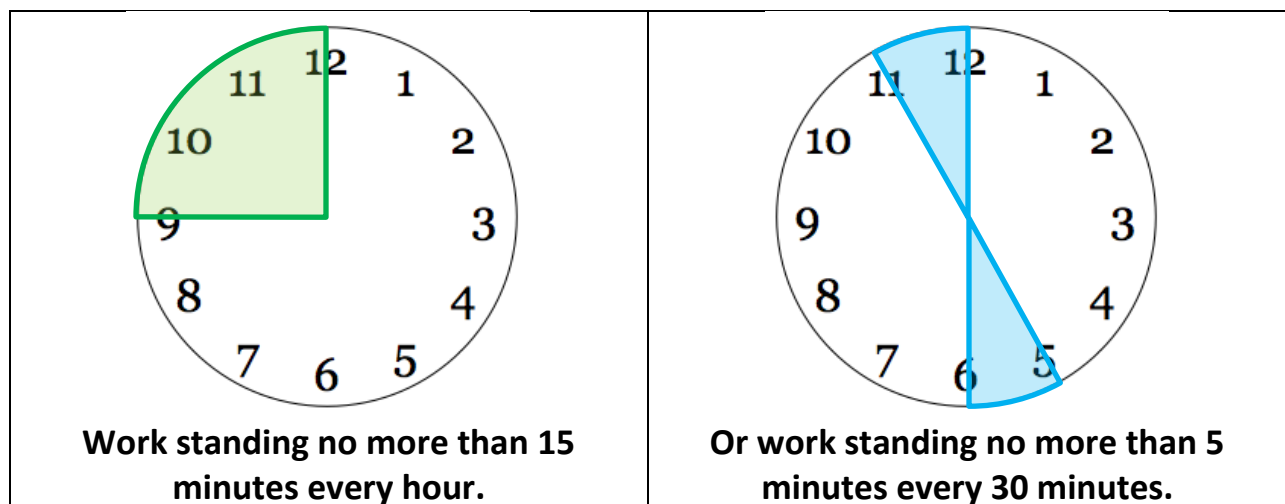
It's simple! Every hour do one of the standing activities below for about 2-3 minutes.

<b>1. Print to the printer or copy machine outside your office.</b> 	<b>2. Walk to a colleague's work area if you need to talk to them.</b> 	<b>3. Drink more water and take frequent restroom breaks.</b> 	<b>4. Walk outside to get some fresh air and sunlight.</b> 
<b>5. Stand up to make or take a few quick phone calls.</b> 	<b>6. Have a meeting while you walk around.</b> 	<b>7. Eat lunch or a snack away from your office.</b> 	<b>8. Stand and do some breathing exercises.</b> 

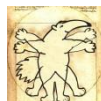
**The key is to MOVE!**

**If you have a height-adjustable workstation, best practice is to change your position every hour.**

**Do not prolong and hold positions while sitting or standing!**



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