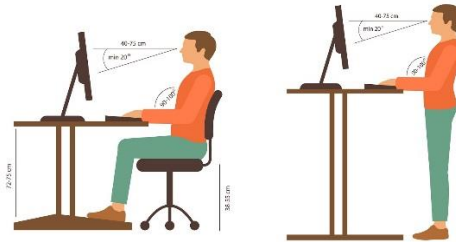


Sit to Stand

What is the purpose of a sit/stand workstation?

1. First and foremost, a sit/stand workstation should not trade off sitting for standing.
2. It should allow safe working postures for both sitting and standing.
3. It should encourage switching from sitting to standing to engage the hip flexors instead of counting the duration spent standing.
4. It should reduce exposure to any prolonged positions—sitting or standing.



Considerations before getting a sit/stand:

1. Address your chair and sitting *postures* first. If your chair is broken or your chair is not adjustable, you would need to implement better sitting before changing to standing position.
2. Find other ways to stand or move around to interrupt sitting throughout the day such as the following: answering a phone call standing, walking to a colleagues' office, walking to a copy room, drink plenty of water, conduct a walking meeting. Check out [Move at Work](#).
3. Implement hourly routine consisting of 40-45 minutes of sitting, 10-15 minutes of standing, 2 minutes of stretching.
4. Consider number of screens, use of documents and how your workflow will be affected by the type of sit/stand workstation you select.
5. Remove any vertical obstruction to allow sit/stand to adjust workstation up and down.

Type of Sit/Stand Workstation	Pros	Cons
Electric Height-Adjustable Desk: Workrite Essentia GrandStands V3 Extended Herman Miller Motia Extended Electric	<ul style="list-style-type: none"> • Adjusting height range of 22"-49" will accommodate someone 5'0"-6'5" in height • Includes height display switch • Will allow multiple monitors • Weight capacity over 200lbs • Best in multi-user workstations 	<ul style="list-style-type: none"> • Will not adjust without power
Desk-mounted with lowered Keyboard and Mouse Platform: Workrite Solace 2 Health Postures TaskMate Go	<ul style="list-style-type: none"> • Adjusting range of 25"-45" will accommodate someone 5'2"-6'4" in height, if installed on a 29" desk surface height • Will adjust without power • Better for single monitor set up 	<ul style="list-style-type: none"> • Manually adjusted • Maximum 2 monitors • Limited height range • Limited weight capacity (less than 35lbs) • Becomes too heavy for dual screen set up
Electric Desk-mounted Surface Platforms: Versadesk	<ul style="list-style-type: none"> • Adjusting range of 29"-46" will accommodate someone 5'4"-6'2" in height, if installed on a 29" desk surface height • Electric powered 	<ul style="list-style-type: none"> • Will not adjust without power • Maximum 2 monitors • Limited height range • Limited weight capacity (less than 50lbs) • Becomes too heavy for dual screen set up

Click here: [Height-Adjustable Workstations](#) for features and vendor information.