

Sit-Stand Workstations

What are the advantages to sit-stand workstations?

Sit-stand workstations are valuable for more than just comfort. There are numerous health benefits that go along with giving employees the option of sitting or standing throughout the day.

Standing can alleviate stress on the soft tissues for employees that have chronic hip or low back pain. A Cornell University study found users that started working at a sit-stand workstation reported 28 and 33 percent reductions in

low back and mid back discomfort, respectively, compared to their seated workstation.

In addition, a recent study in the American Journal of Epidemiology followed 123,000 adults over 14 years and showed that those who sat more than six hours a day were at least 18 percent more likely to die earlier than those who sat less than three hours a day. Another study showed that giving employees the option to stand during the day may help reduce the risk of heart disease.

What type of desks should I consider before deciding what type of sit-stand workstation is best for my employees? What features should I consider before I purchase a sit-stand workstation?

1. Adjustable height desk

this workstation would be ideal. Some electric height adjustable desks have memory settings that allow the user to set a preferred seated and standing height, which allows for one-touch adjustment between the two heights. This also increases the likelihood of daily use and ensures proper height adjustment each time.

Manual crank desks are just that — manually adjustable, usually with a hand crank. This also provides employees with the option to sit or stand at their workstation, but it takes a little more time and effort to change the height.

Electric height adjustable desks

BeyondTheOfficeDoor.com — Electric and hand crank desks

GeekDesk.com — Electric height adjustable desk with custom presets

Humanscale.com — Float: Unique counter balance adjustable desk

NextDesks.com — Electric and fixed height adjustable desks

MyUpdesk.com — Electric and hand crank adjustable desks

WorkriteErgo.com — Sierra: Electric and hand crank adjustable desks

2. Fixed standing height desk with task stools

If you have a modular furniture system — cubicle walls and desktops — you may want to consider raising the desks to a standing height and provide a task stool to allow employees the option to sit down. However, this option will require the purchase of task stools which can cost as much as or more than a traditional task chair.

Electric adjustable task chairs

ErgoGenesis.com — Bodybilt drafting chairs

SomaErgo.com — Task chairs, most of which can be customized with extra tall cylinder and footing

Electric adjustable footrests

WorkRiteErgo.com — Height adjustable footrest

ShopSafco.com — Task master height adjustable footrest

LyonWorkspacadjust the keyboard/mouse platform in conjun

monitor. These are priced around \$350–1,500 depending on the brand and add-ons. Only consider systems that have independent desk/keyboard platform and monitor height adjustments.

E a e i- a e i e

§ **Ergotron.com** — 18" of height adjustment with the ability to move the keyboard below desk height. Independent keyboard and monitor adjustments. Optional surfaces available.

§ **ErgoDesktop.com** — Kangaroo Pro: 16.5" of height adjustment. Independent keyboard and monitor adjustments.

§ **ErgotechGroup.com** — 20" of height adjustment. Electric lift. Independent keyboard and monitor adjustments.

What other factors should I consider when selecting a