

# Sit-Stand Desk Ergonomics

## Body Position

**Arms:** Your arms should be relaxed and close to your sides. Your upper arms should be parallel with the rest of your body, and your elbow, wrist, and keyboard should be aligned in a straight line. Often this means raising up the desk higher than you would initially think. Asking a colleague to observe you can be helpful to make sure your alignment is correct.

**Back:** Your stance should be neutral so that your head is evenly balanced on the column of your spine, helping reduce your neck's work throughout the day. Avoid leaning extensively on your desk or from side to side.

**Legs/Feet:** Keep your weight balanced evenly between your feet, keeping your hips as square as possible. If you find yourself shifting your weight from side to side, it may be time to sit down for a while. Consider using a footrest to prop your foot up on, keeping your weight evenly balanced between your legs. Another good option is to adjust your office chair so you can comfortably bend one knee and rest it on the seat. This helps with weight distribution while keeping it evenly balanced.

## Monitor

**Monitor, keyboard, and mouse adjustments:** Monitors, mice, and keyboards should not need much adjustment from where they are in your sitting position. More information on proper set-up can be found in our Setting Up Your Ergonomic Office Space fact sheet.

## Footrest/Keyboard Tray

Some people require further adjustments to get to the right height to use their keyboard/mouse. When your feet are flat on the floor, you should be able to keep your elbow, wrist, and keyboard/mouse in a straight line. If you cannot, a footrest or keyboard tray may be needed.



## Work Practices

**Standing Time:** Stand for no more than 4 hours a day, to reduce the physical concerns from standing too much. Ease into it—start standing for 30–60 minutes a day and gradually increase your time. We also recommend breaking the time up throughout the day. Another tip is to leave your desk in a standing position at the end of the day, so when you arrive at work in the morning, you start your day standing. Some people set a timer on their computer/phone to remind them to sit/stand at appropriate intervals.

**Benefits of Standing:** There is some evidence that standing at work can increase productivity and mood—in one study, 87% of users said that they felt more comfortable and energized after 4 weeks of using a sit-stand desk. Evidence for improvement in cardiovascular health and weight control is more nuanced—evidence often only shows that “not sitting” is beneficial, and doesn’t differentiate between walking, standing, or exercise. Enjoy your sit-stand desk, but remember standing is not a replacement for other physical activity.

### Request an Ergonomic Evaluation

For assistance adjusting your work station, you can request an ergo evaluation with one of our Industrial Hygienists. Call (612) 626-6002 to schedule an appointment.

