

STANDING DESK **ERGONOMICS**

EASE IN

Standing workstations stress different body parts (that may not be ready for 8 hours of activity). Start slowly, then progressively increase standing time.

TAKE SCHEDULED BREAKS

No static position is good for your body. Make sure you move about every 20 minutes or so. Even a 15-second walk helps keep blood flowing and joints lubricated.

ALTERNATE POSITIONS

Select an ergonomic office chair or a stool with an adjustable height. Then switch between a sitting and standing position every half hour.

HEAD

Place the monitor directly in front of you. The top of the screen should be at or slightly below eye level. Monitors should be close enough to avoid leaning forward or straining. Avoid lights that cause a glare on your screen. Use a speakerphone, earbuds, or a headset for prolonged phone conversations.

SPINE

Avoid slouching or leaning forward. Keep your head, neck, torso, and legs approximately in line. Imagine that you are being pulled up by a string attached to the top of your head. Keep your shoulders pulled back.

ELBOWS

Always adjust your standing desk to your elbows' height. Don't forget this could change if you wear shoes with higher heels. Bend your elbows at a 90-degree angle and keep your forearms parallel to the floor.

HANDS

Position your mouse and keyboard at a distance that allows you to hold your elbows close to your body. Your hands should float over the keyboard with straight, relaxed wrists.

KNEES

Keep your knees slightly bent.

FEET

Keep your feet flat on the ground, shoulder-width apart with your toes pointed forward. Wear shoes that provide proper arch support. Consider an anti-fatigue mat to limit pressure. Use a footrest, and switch sides frequently.

