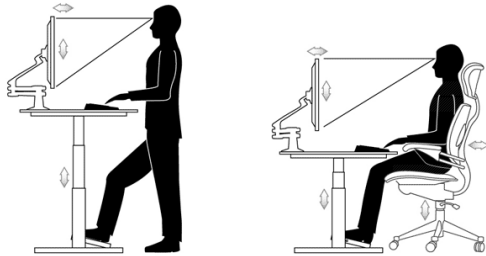


SIT-STAND SOLUTIONS

WHAT IS A SIT-STAND WORKSTATION?

A sit-stand workstation allows the user to alternate between sitting and standing by vertically adjusting the work surface. These workstations allow users to integrate movement into their workday and allow individual adjustability for shared workstations.



Sitting vs. Standing, which one is better?

Neither sitting nor standing for too long is good for your health. Prolonged sitting or standing can lead to static postures, which have been shown to be a risk factor for the development of musculoskeletal disorders. Having a combination of the two will lead to ideal health outcomes.

To avoid sitting too long:

- Move around when possible.
- Use the 20/20/20 Rule. Every 20 minutes, stand for 20 seconds, and look 20 feet away from your screen.
- Hold standing/walking meetings when agendas permit.

To avoid standing too long:

- Take regular sitting breaks.
- Move around, when possible, instead of standing still for too long.
- Use a footrest or anti-fatigue mat to encourage movement in the lower limbs and avoid foot discomfort.

If equipped with a sit-stand workstation, rotate sitting and standing every 2 hours, if possible.

WHO MAY BENEFIT FROM USING A SIT-STAND WORKSTATION?

Sit-stand workstations may benefit employees who are:

- “Desk-bound” (e.g., those who sit at their desk eight hours per day, five days per week) with limited opportunities for breaks and have areas of discomfort that could be alleviated by standing.
- Suffering back pain or discomfort after sitting for a prolonged period of time.
- Sharing a single workstation with other employees that need to be adjusted for different statures.

HOW CAN AN EMPLOYEE ACQUIRE A SIT-STAND WORKSTATION?

Although Environmental Health and Safety (EHS) acknowledges the benefits of sit-stand workstations, EHS does not determine whether an employee needs a sit-stand workstation. The decision to provide a sit-stand workstation or any other type of ergonomic office equipment is at the discretion of the employee's supervisor. The provision of equipment may be required in cases of a reasonable accommodation approved through the [Office of Civil Rights and Title IX Compliance](#).

HOW CAN AN EMPLOYEE SEEK HELP FOR ERGONOMICS RELATED ISSUES?

Common ergonomics issues (e.g., back, neck, shoulder, or wrist pain) may be resolved with simple workstation adjustments or equipment. Northwestern's Ergonomics [Program](#) provides training and guidance to prevent and reduce work-related ergonomic injuries and improve health and comfort in the workplace. If your ergonomics concerns involve any injuries or diagnosed medical conditions, contact the [Office of Civil Rights and Title IX Compliance](#) for guidance.

RESOURCES:

- [Ergonomics FAQs](#)
- [Ergonomic Work Tips](#)
- [Office Ergonomics Training](#)
- [Ergonomics 101 Training](#)
- [Ergonomic Equipment Selection Guidelines](#)
- [Northwestern Furniture Selection Guide](#)