

MCLB ALBANY SAFETYGRAM

2016 NATIONAL ERGONOMICS MONTH

Ergonomics for a Sit-Stand Workstation

A sit-stand workstation is part of the evolution of the computer workstation.

- 1980s:** Neutral position included back-thigh angle 90 degrees, the thigh-leg angle was 90 degrees, and the leg-foot angle was 90 degrees.
- 1990s:** Neutral seated posture had all these angles being greater than 90 degrees.
- 2000s:** Movement, such as leaving your workstation at least once an hour for 5-10 minutes, frequent position changes help prevent work-related musculoskeletal disorders.

There is a perception that sitting is not hard on the back, but this is not entirely true.

- **Sitting when working** involves a backward rotation of the pelvis which, in turn, alters the curve of the back creating more disc pressure.
- **Standing when working** can cause stress to the back because muscle groups in the legs, hips, back, and neck are tensed when standing for a long period of time. Also, maintaining the same standing posture for long periods of time places the muscles in a constant state of contraction.
- **A sit-stand workstation** was developed to incorporate the benefits of both a seated and standing posture, with the ultimate goal being a computer user not having to choose between sitting and standing.

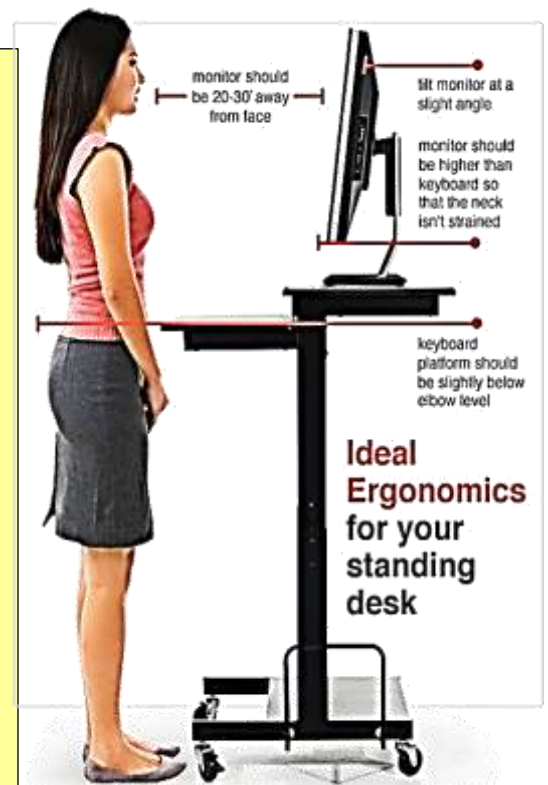
A good ergonomic practice is adopting a variety of good postures throughout the workday. In fact, some ergonomists say "your best posture is your next posture."

Proper Standing Posture

To maintain proper standing posture when working at a sit-stand workstation:

- Ensure your neck is not tilted up or down when looking at the monitor,
- Keep your arms and forearm in a neutral posture (an elbow angle at or above 90 degrees will avoid nerve compression at the elbow),
- Place your feet firmly on the floor.

Refer to the picture to the right for the proper standing posture.



Do I Need a Sit-Stand Workstation?

If you are currently happy with your workstation design, experience little or no back discomfort, have a job that requires you to frequently leave your desk during the course of the day, or have flexibility in your work schedule to leave your desk when you want, then you are most likely not a candidate for a sit-stand workstation.

If you currently experience difficulty sitting for 30 minutes or less, you are likely a candidate for a sit-stand workstation. We also recommend that if a sit-stand workstation is being purchased, that it is easy to adjust and encourages an individual to change positions frequently.

Click on the link below to obtain the **U.S. Army Public Health Command Fact Sheet 88-024-0711**

<https://phc.amedd.army.mil/PHC%20Resource%20Library/Sit-Stand%20Workstation%2088-024-0711.pdf>



Risk Management 639-5249
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Oct 2016

