Sit-to-Stand Workstations

Benefits
- Less strain and reduced fatigue
- By varying postures from sitting to standing, the body withstands less static loading that causes injury
- By incorporating movement into computing routines the body receives better circulation

Who might be eligible for a sit-to-stand workstation?
- Diagnosed condition by a relevant health care practitioner with treatment
- Documented chronic/permanent injury with treatment
- Relevant Congenital Anomaly
- Spinal compression (numbness)
- Other circumstances assessed by a Health and Safety Coordinator

How do you obtain a sit to stand workstation?
Step 1
- Discuss with your supervisor suitability for sit-to-stand and whether you meet the eligibility criteria
Step 2
- Organise for a workstation ergonomic assessment to be completed with a Health and Safety Coordinator
Step 3
- Local department to fund sit-to-stand workstation or if your department hasn’t budgeted for this item, a funding application may need to be submitted to Job Access or Reasonable Adjustments Funding

Option to purchase independently
- Workers are able to purchase their own sit-to-stand with advice from UNSW Health and Safety.
- Recommended sit-to-stand workstations start from $450 including GST

Need more reasons to stand?
- Expend more calories
- Increase overall energy for better mental focus
- Relieve bodily stress caused by sitting

Ways to Stand More
- Walk more at work: Park your car farther away from your building; use stairs not elevators; take a long route to the restroom or mail room.
- While computing, set a timer to remind you to stand up and stretch every half hour; take this time to pick-up and clean your work area.
- Stand up when you talk on the phone.
- Don’t send emails if the recipient is near; walk over and talk to him or her.
- Avoid long sitting commutes by standing on the bus, subway or train.
- When watching TV, lose the remote; get up to change the channels.
- Stand or exercise while you watch TV, or just stand and move around during pesky commercial breaks.
- During intense gaming, stand up in between sessions and screen loads.
‘New research findings show time spent sitting is associated with being overweight or obese, unhealthy blood-glucose and blood-lipid profiles and with premature death from heart disease. Adverse relationships have been observed even among those who meet public health recommendations on participation in moderate-to-vigorous physical activity’ (VicHealth, 2012).