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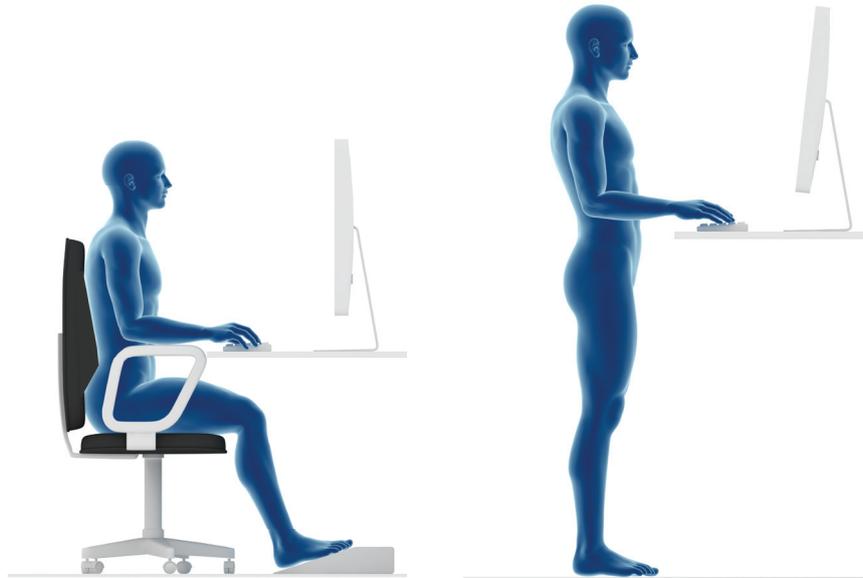
Tips for

sit-stand desks

We know that sitting all day is detrimental to our health, however standing all day isn't good either. Turn over this leaflet for some tips on how to make the most of your sit-stand desk.

For more information regarding workstation set up and tips for managing pain and discomfort, please refer to our "I'm at my Workstation" brochure.

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Tips for

sit-stand desks

Often people make the mistake of standing all day when they first get a sit-stand desk. This can result in symptoms such as sore feet, swelling of the legs, general muscular fatigue or lower back pain. To minimise these symptoms, follow the advice below when you are at your sit-stand workstation.

1 Adjust the height of the desk to just below elbow height if working at the computer, or slightly higher if performing reading/writing tasks. The screen height will remain unchanged from the seated position.

2 Ensure you wear shoes that you are comfortable in when standing.

3 It is important to vary between sitting and standing. Standing up all day is not healthy either – it is the variation that matters.

4 If you are used to sitting whilst working, start with short 5 minute periods standing and gradually increase your standing time.

5 Individuals have different tolerances. The key is to gradually build up and find a level you are comfortable with, for example 2 hours of standing at work per day, divided into sections of 15 minutes per hour.

6 Ensure you move regularly, such as walking to the printer or having a walking meeting. Avoid prolonged periods standing or sitting still.

7 Consider using an anti-fatigue mat if combined standing is over 4 hours a day.