

# Ergonomics & Sit/Stand Workstations

Picture Source – Herman Miller



## Adjustable Workstations - Sitting and Standing

Height adjustable workstations are ideal in today's office environment where computer work is prevalent. Not only will a properly adjustable workstation/table properly "fit" a majority of the population (~90% or more), an adjustable table will allow for alternating between sitting and standing which has great benefits.

Unfortunately, too much focus has been placed on standing more and sitting less when the **mixture of the two postures** is most important.

Although sitting for too long can have detrimental effects on the body, standing for too long has its own set of detriments such as pooling of blood in the feet, increased back pain, varicose veins, etc.

When considering an adjustable table or workstation, ensure the workstation will allow for proper working elbow height for **both sitting and standing**. (Work should be at or slightly below elbow height – see picture above). Ensure to adjust correctly! Schedule an ergonomic evaluation to quantify your risk for injury and ensure an efficient workstation setup.

### **Platforms**

Be aware of "platforms" that sit on the desktop. Although sitting and standing might be possible with these alternatives, if proper adjustments cannot be made, awkward postures are likely and risk for discomfort, fatigue and injury is increased.

For a majority of the population, the keyboard and mouse needs to sit below desk height. A height adjustable table is ideal.

**For more information contact Frank Gonzales at 970-491-6745 or [Frank.Gonzales@Colostate.edu](mailto:Frank.Gonzales@Colostate.edu)  
<http://rmi.prep.colostate.edu/ergonomics>**

Additional information also on **CSU SOURCE**

Colorado State  
University

Risk  
Management &  
Insurance

Ergonomics  
Program

## **SERVICES AVAILABLE**

### **ERGONOMIC EVALUATIONS**

Evaluation of the workstation or worksite for ergonomics injury risk factors including: force, repetition, awkward postures, contact stress, etc. (free of charge)  
Schedule online today

### **TRAINING**

Ergonomics and injury prevention training informing employees of on the job injury risk potential.

### **ERGONOMIC EQUIPMENT LAB**

Trial equipment including chairs, keyboards, mice.



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