



SIT TO STAND WORKSTATIONS

Ergonomics Program
Environmental & Occupational Health



Sitting will kill you, even if you exercise

By Jen Christensen, CNN

Updated 8:40 AM ET, Thu April 30, 2015



Sitting down is KILLING you! Heart disease, obesity, depression and crumbling bones - a terrifying new book by a top doctor reveals they are all linked to the hours we spend in chairs

By PROFESSOR JAMES A. LEVINE

PUBLISHED: 20:38 EST, 25 July 2014 | UPDATED: 10:12 EST, 26 July 2014

The health hazards of sitting

We know sitting too much is bad, and most of us intuitively feel a little guilty after a long TV binge. But lies when we park ourselves for nearly eight hours per day, the say four experts, who detailed a chain of problems from head to [wload a pdf poster of this graphic.](#)

Sitting is the New Smoking—7 Ways a Sedentary Lifestyle is Killing You

The research is in on the sitting epidemic and the results aren't good

Sep 5, 2014 | 5:52 pm By Diana Gersticker



Sitting might not be so bad for you after all

THE CONVERSATION

By Emmanuel Stamatakis, The Conversation

Updated 6:59 AM ET, Tue February 21, 2017





Fact or Fiction?

Sitting is bad. Standing is good.

There are pros and cons to each.

It would be healthier to stand all day.

Static, sedentary behaviors can be harmful no matter which position you are in. Variation is key to protecting your body from injury.

Standing will get rid of my pain.

Standing, alone, is not enough to get rid of the aches and pains you may feel from sitting. Often, discomfort is a result of poor posture or improperly adjusted equipment. Getting a sit to stand workstation won't fix anything if you don't also have healthy behaviors.

Sitting is killing me.

Sitting is not killing you. There are many ways to incorporate comfortable sitting positions and movement throughout the day, which will help protect your body while sitting.



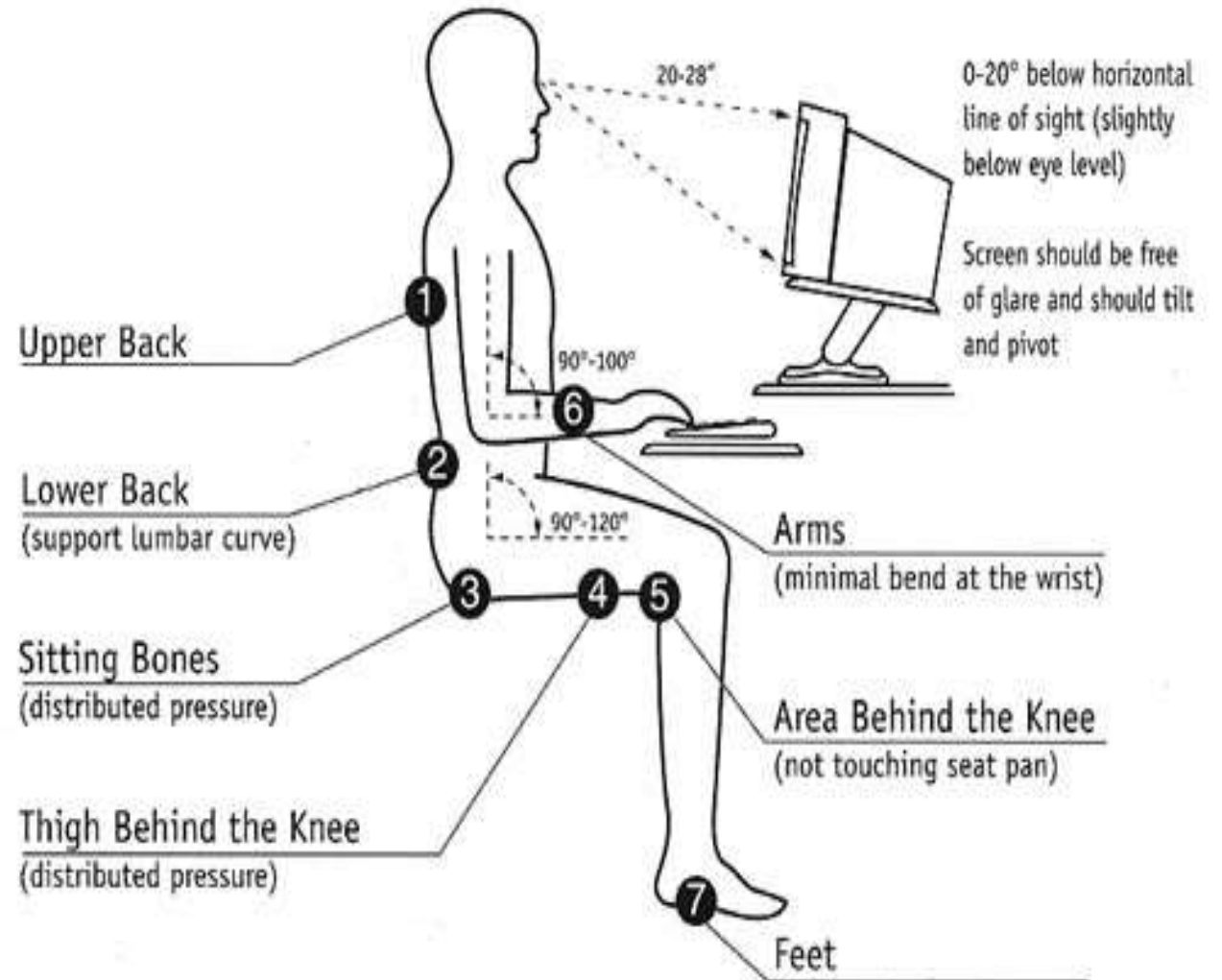
Takeaways:

- Both sitting **and** standing pose health risks if done incorrectly or for prolonged periods
- Make sure your workstation is adjusted to support proper posture
- Practice good posture
 - Slouching, leaning, and working in other awkward postures can aggravate muscles and nerves, causing pain
- Avoid static, sedentary behaviors
 - Standing is also a sedentary behavior, if you aren't moving
 - Incorporate microbreak stretches 2-3 times/hour (5-10 second stretch every 20-40 minutes)
 - Vary your position, whether you are sitting or standing
 - Incorporate exercise in and out of work
 - Take the stairs when possible, incorporate movement at your desk, walk during breaks, etc.
 - Practice a healthy lifestyle outside of work. You can't get home from work, plant yourself on the couch, and complain about the dangers of sitting at work... **MOVE AROUND AND BE ACTIVE!** That can mean exercising, cleaning, gardening, or whatever interests you!



Properly adjust your workstation

- Use the “Self-Assessment” pdf and/or “Ergonomics for Computer Users” video to guide yourself through properly adjusting your workstation *found at* www.uhs.wisc.edu/eoh/ergonomics/





3 Healthy Sitting Positions



1. "Proper Perch"



2. Using chair back support

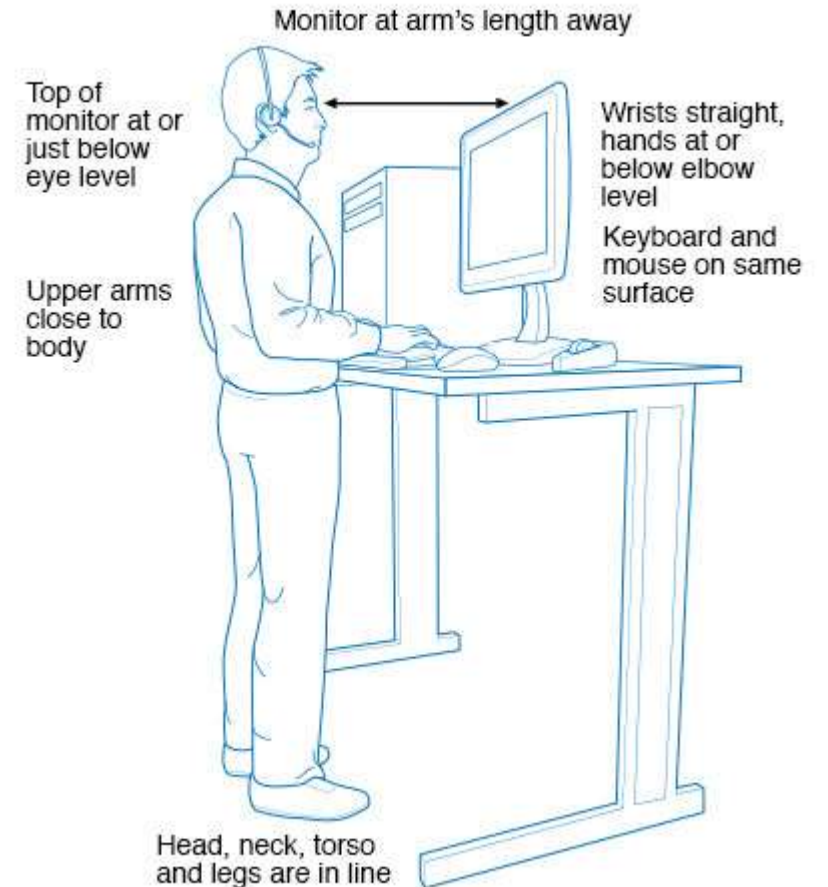


3. Using back support in
"extension"



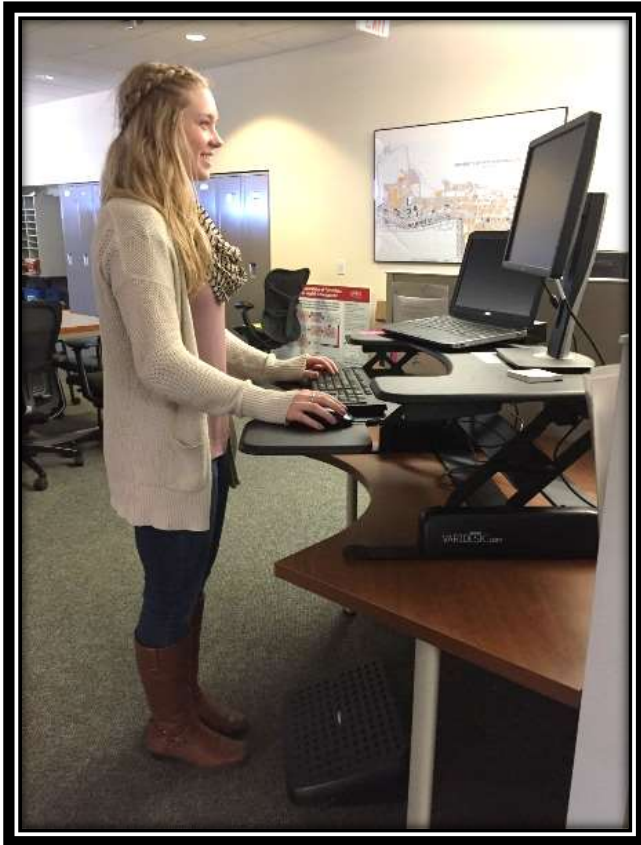
Setting Up a Standing Workstation

- Adjust desk height so that your elbows are at 90-100 degree angles
- The top of the monitor should be at or slightly below eye-level
- Monitor should be 18-30 inches away from the eyes, or approximately arm's length away
- Ear, shoulder, elbow, hip and ankles should be aligned

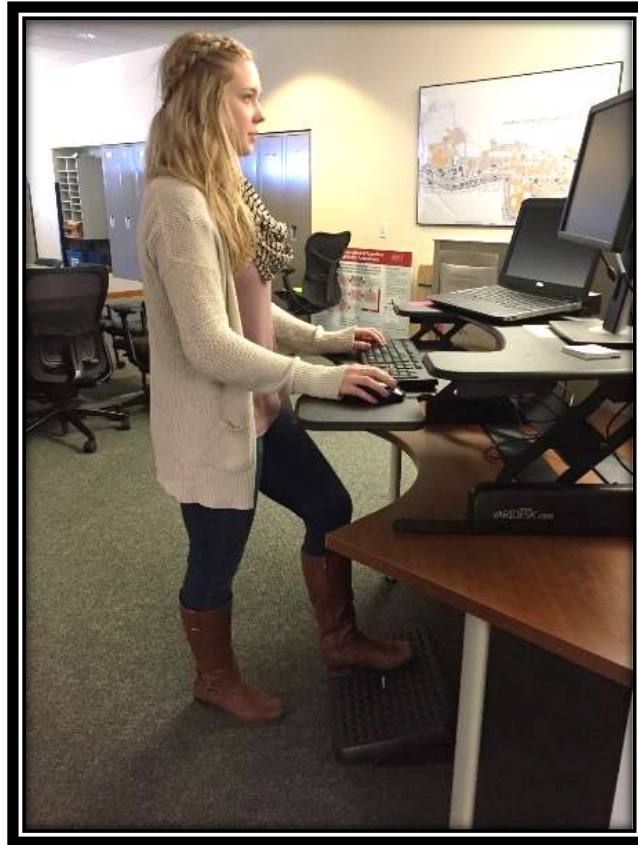




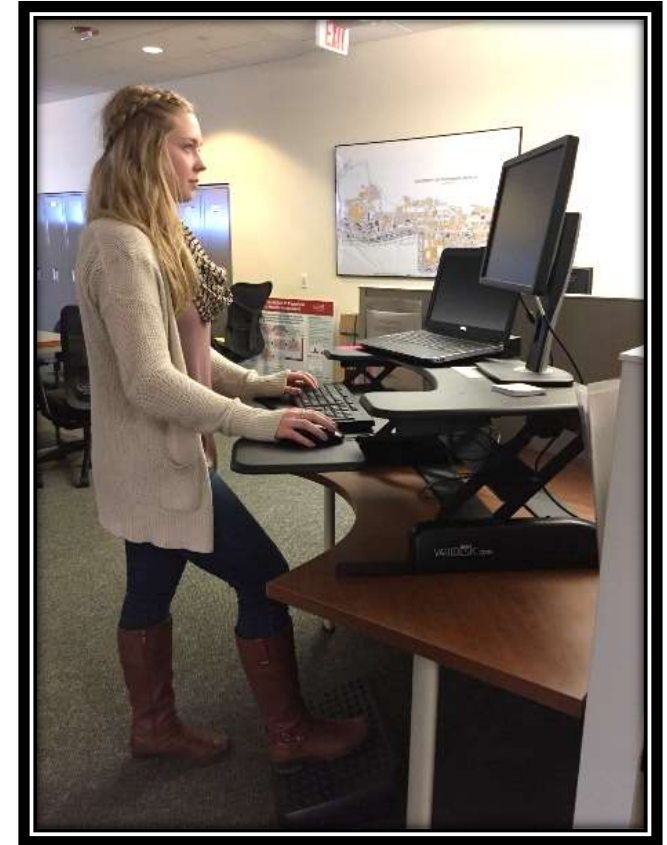
3 Healthy Standing Positions



1. Ear, shoulder, elbow in alignment with feet shoulder width apart



2. Ear, shoulder, elbow in alignment with feet positioned at a diagonal stance - left



3. Ear, shoulder, elbow in alignment with feet positioned at a diagonal stance - right



Avoid Static Postures

- ✓ Change your position (sitting or standing), incorporating the 3 healthy positions discussed
- ✓ Every employee should take a microbreak every 20-40 minutes (*see our Microbreak handout*)
 - A microbreak is a quick 5-10 second stretch taken 2-3 times per hour
 - Change your position after taking your microbreak stretch
 - To help make this a habit, consider setting timers on your phone or computer
- ✓ Throughout the day
 - Take the steps instead of the elevator when possible
 - Make sure to go to the bathroom and get drinks of water
 - Take 1 or 2 longer, 3-5 minute full body stretches during the day
 - Move during your break(s) - walk around the building, walk up and down steps, do some exercises in your office, etc.
- ✓ Outside of work
 - Incorporating a healthy lifestyle across all aspects of your life is the best way to avoid injury and illness. Eat healthy foods, drink water, get enough sleep, and stay active!



Microbreak Stretches

Shoulder Shrugs



STEP 1) Arms relaxed by your side
STEP 2) Slowly roll shoulders straight up towards your ears
STEP 3) Squeeze shoulders together, and let them roll down and back; movement should be smooth and circular, and should take 3-5 seconds; a mild, comfortable stretch should be felt through your shoulders and lower neck
STEP 4) Repeat 5 times



Wrist Extensor Stretch

STEP 1) Straighten arm in front of you
STEP 2) Point fingers towards floor
STEP 3) Use opposite hand to mildly stretch the right wrist further; slowly rotate fingers to point away from body. A mild, comfortable stretch should be felt through the top of forearm
STEP 4) Hold 10 seconds and switch sides



Wrist Flexor Stretch

STEP 1) Straighten arm in front of you
STEP 2) Bend wrist backwards, point fingers up
STEP 3) Use opposite hand to mildly stretch the bending wrist further. A mild, comfortable stretch should be felt through the bottom of forearm
STEP 4) Hold 10 seconds and switch sides



Prayer Stretch

STEP 1) Place fingertips together in a prayer position (no other part of your hand should touch)
STEP 2) Slowly move hands down from eye level to chest level; slowly rotate fingers to point towards your chest; a mild, comfortable stretch should be felt through your fingers, hands and wrist
STEP 3) Hold stretch for 10 seconds, release slowly, and repeat 2-3 times



Hamstring Stretch

STEP 1) Standing, put leg straight out in front of you (can be performed with your heel on 2-6" step or flat on ground)
STEP 2) Lift toes on front foot up so only heel touches the ground or step
STEP 3) Keeping your back as straight as possible, bend forward from your hip. A mild, comfortable stretch should be felt at the back of your thigh.
STEP 4) Hold stretch for 10 seconds, release slowly, and switch sides.



Standing Back Bend

STEP 1) Place hands on hips and feet shoulder width apart; slowly lean backwards
STEP 2) Look up towards the sky, hold for 10 seconds. A mild, comfortable stretch should be felt through low and mid-back
STEP 3) Hold stretch for 10 seconds, release slowly




Email: ergonomics@uhs.wisc.edu Phone: (608)890-0320




Arm/Shoulder Exercises


7. Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward. Do this 2-3 times.



8. With fingers interlaced behind head, keep elbows straight out to side with upper body in a good aligned position. Pull your shoulder blades toward each other to create a feeling of tension through upper back and shoulder blades. Hold this feeling of mild tension for 8-10 seconds, then relax. Do several times.




9. While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding books or water bottles. Do 20 reps.




Arm/Shoulder Exercises


10. While rocking foot to foot, punch with alternating arms. To reduce elbow stress, try not to fully straighten your arm.



11. Sweep arms above your head and down again as you step side-to-side. Do 20 reps.



12. Start with head in a comfortable position. Slowly tilt head to left side to stretch muscles on the right side of neck. Hold stretch for 3-10 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2-3 times each side.



Back Exercises

13. Sit with legs in their normal, centered position, and rest right hand on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with your hand. As you do this look over your left shoulder to get the stretch feeling. Do both sides. Hold for 10-15 seconds.



14. Place your hands on your hips and your feet shoulder width apart. Slowly lean backwards. Look up towards the ceiling, hold for 10 seconds, feeling a stretch through your low and mid-back. Hold for 10 seconds and release slowly.



Ocular Exercise


15. Cup your hand over one eye, hold for several seconds, and switch eyes. You may also cup both eyes at once.




A workout at work?


WE ALL NEED TO GET UP AND MOVE, BUT WHAT CAN WE DO? In the spirit of public service (and because our boss made us), The Ponit infographics department tested exercises in and around our cubicles twice a day for a week to see which ones real people could incorporate into a workday. The moves were suggested by experts whose jobs involve studying motion, preventing obesity and generally getting people off their duffs. We rejected a few immediately — jumping jacks? Not in this era! — but chose these 12. Our observations aren't scientific, but they're definitely real. *By Jessica Barwick and Laura Stanton*

1. RAISE THE SHOULDER (20 reps)
While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding books or water bottles.




PRO: The posture helps in "rounding" the neck to a flat of a 180-degree curve.
CON: Bad movement of joints while you try to remember if you should sit or stand.

2. TENSURE BACK (20 reps)
While marching in place, bend at the hips about 45-degree. Bend your elbows, then spread them behind you as if you are lifting weights.



PRO: Loosens your upper body.
CON: New and looking. General people eventually get used to things behind their back.

3. THE SEAT (20 reps)
Keep marching and leaning. With your elbows bent and feet together in front, muscular arms back. Bend the knees. Touch your shoulder blades together.




PRO: Some people make funny sound effects.
CON: Causes attention to the chest area.

4. HAMMERSTROKE (20 reps)
Stand with feet shoulder width apart and arms at your sides. Swing your arms up and down in a hammerstroke motion.




PRO: The posture helps in "rounding" the neck to a flat of a 180-degree curve.
CON: Bad movement of joints while you try to remember if you should sit or stand.

5. ARM SWEEP (20 reps)
Sweep your arms above your head and down again as you step side-to-side.



PRO: Releases the hip flexors and quadriceps.
CON: Causes some extra concentration and coordination.

6. NECK TILT (20 reps)
Start with head in a comfortable position. Slowly tilt head to left side to stretch muscles on the right side of neck. Hold stretch for 3-10 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2-3 times each side.




PRO: Releases the neck and upper back.
CON: Causes some extra concentration and coordination.

7. HAMMERSTROKE (20 reps)
Stand with feet shoulder width apart and arms at your sides. Swing your arms up and down in a hammerstroke motion.



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When a Sit To Stand Desk Might Not Be an Option

- **Medical conditions**
 - Pregnancy – standing over 6 hours per day has been linked to pre-term birth, low birth weight, and maternal high blood pressure
 - Scoliosis, Bulging Discs, Pinched Nerves, Plantar Fasciitis, Sciatica, Hemorrhoids, Osteoarthritis, and Deep Vein Thrombosis
 - Standing can cause → varicose veins and/or synovial joint compression which may lead to knee injuries
- **Employee's workstation design specifications**
 - Some workstations do not have sufficient space for any style of sit to stand unit
- **Lack of funds**
 - At the end of the day, approval for sit to stand workstation comes from the supervisor and depends on your specific departmental budget. UHS does NOT supply funds to outside departments for ergonomic equipment.



Sit to Stand Workstation Options

UHS does NOT supply funds to outside departments for purchasing ergonomic equipment

- Fully adjustable desks \$900-1800
 - Best option, if possible
 - Many styles, configurations, and brand/models are available on UW Contract
 - Prior to purchasing, note:
 - Height range
 - Weight limit
 - Warranty
- Sit to stand desk conversions \$350-600
 - There are several models of desk conversions on the market (Ergotron, Varidesk, Humanscale, Kangaroo, etc.)
 - Ergotron and Humanscale sit to stand desk conversions are available on UW contract

