

STANDING WHILE WORKING TIPS

Sitting all day can be harmful, but standing for too long can cause sore feet, swelling in the legs, lower back pain, and general muscular fatigue. It's important to **LISTEN TO YOUR BODY** and change positions often.



Here are important tips to keep in mind when standing while you work:

- **Build up your endurance for standing while you work. Start with 15-30 minutes and gradually increase the amount of time that is comfortable for you.**

Good Posture

- Desk surface should be just below elbow height allowing your arms to form a right angle (hand are on keyboard)
- Monitor should be placed 20"-28" away from you
- Monitor should be eye level to avoid looking down (may cause neck strain)

Your feet:

- Wear comfortable shoes and avoid high heels if possible
- Use a floor mat to avoid foot pain
- Try propping one foot on an angled footstool (don't forget to change feet)

Move often:

- Move around frequently to improve circulation and reduce muscle fatigue
- Take a break to just stretch whether you are standing or sitting

Things to avoid:

- Twisting to reach things – move your feet so that your whole posture changes with the movement
- Bend at the knees rather than the back when bending over
- Avoid overreaching for items – if reaching over your head cannot be avoided, use a firm step stool. Keep documents you need within arm length on the desk or table. If there's an obstruction blocking you, move the object or change your position before reaching for object

Support yourself:

- Lean when it is possible to reduce fatigue when standing (lean back, sideways or forward) making sure the support you choose to lean against can support you

Be active everyday:

- Strengthen and stretch your muscles for coordination, balance and stability
- Build up to 150 minutes each week of moderate-vigorous intensity activity to achieve and maintain health benefits

Adapted from in-motion's tip sheet



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