Sit-Stand Workstations

What is a Sit-Stand Workstation
- Height adjustable workstations that allow for individuals to alternate between sitting and standing easily throughout their day.
- Can be presented as an attachment to one’s desk or as an independent desk.

Different Types
- Attached to the desk
- Full surface desk
- Different shaped desks

Average Cost
- Prices ranging from $400.00 to $1,800.00
- Contracted companies have discounted prices for sit to stand options
- Standing workstations without adjustability offered for as low as $100.00

Research on Health Benefits
- Increases one’s well-being and energy and decreases one’s fatigue, appetite and dietary intake.  
- Utilizing time based reminder software and sit-stand workstations decreases discomfort in individual’s shoulders and upper back.  
- Reduces musculoskeletal complaints without affecting work efficiency.  
- Sitting increases the stress on the spinal cord by 3 times and compresses the lungs. Standing puts the back in a neutral position allowing the lungs to efficiently supply oxygen to the blood.  
- Altering position throughout the day increases blood flow to the muscles and the brain and increases nutrient flow to the spinal column.

Research on Productivity
- Average productivity increased 42%, in one research study, with productivity increasing during the afternoon.  
- Work performance was noted to be steadily higher compared to standard and high seated workspaces.

Further Recommendations
- Utilize a padded floor mat while standing to decrease musculoskeletal discomfort in one’s legs and back.
- A 50-50 balance between time sitting and standing are ideal.
- Individuals who utilize task based (stand or sit depending on type of task) or time based (duration determined posture) routines had a better time adjusting to their new workstation.
References


