

# Sit-Stand Workstations

## What kind of computer workstations are available?

1. A **traditional workstation** involves a standard seated-height desk and full adjustable office chair. Some options for height adjustability include pin-height adjustable tables, keyboard trays and crank tables.
2. A **standing workstation** involves a fixed-height desk that is adjusted to the employee in a standing position. This type of workstation is not recommended for use longer than 10-20 minutes. Standing for prolonged periods of time can lead to leg and lower back fatigue as well as circulatory issues in the legs.
3. A **sit-stand workstation** involves a workstation can be adjusted for sitting and raised for standing. Electric height-adjustable options have become more affordable.

## How do I request a sit-stand workstation?

UC Office of the President guidelines regarding sit-stand workstations are that departments may purchase sit-stand desks for employees if they wish; however, standing desks are not recommended through the ergonomics program and are not eligible for matching Be Smart About Safety funds. Please contact the Human Resources Accommodations & Leave Services Manager at (510) 987-0649 if your medical provider recommends a standing workstation to address a known risk or issue. For more information contact the Ergonomics Program at [ergonomics@ucop.edu](mailto:ergonomics@ucop.edu) or (510) 987-0066.

## Are exercise ball workstations better for my health?

Exercise balls or ball chairs are **not recommended nor approved** as a replacement for a good ergonomic office chair. These balls fail to provide any back support, especially in the lumbar region which is an essential component of an ergonomic chair. Also, a chair seat pan is typically made of a breathable material to transport heat and moisture away from the body but the material of a ball is non-breathable. Finally, exercise balls are not stable and require proper inflation. They pose a high risk of falls, trips and injuries.

## What is the best posture for my workstation, sitting or standing?

The best option for users who face long hours of sedentary work is to use a combination of sitting and standing. The human body responds best to a balance between static and dynamic activity, between activity and recovery, between sitting and standing. You have to balance your day.

## I have a sit-stand station already, what can I do to maintain a healthy lifestyle?

1. Make sure your standing table height is approximately at your standing elbow height
2. Use a supportive, adjustable chair to sit regularly
3. Make sure the keyboard/mouse height and monitor height are all ideal in both sitting and standing postures
4. Wear supportive shoes with little or no heel
5. Remember to alternate postures regularly; listen to your body- when you are tired, change positions
6. Pay attention to how your body is responding, and make sure you ask for help if you need it

