

# The importance of sit to stand workspaces

At work, we recommend alternating between sitting to standing for your health. Use this handy resource to ensure you are set up the right way.

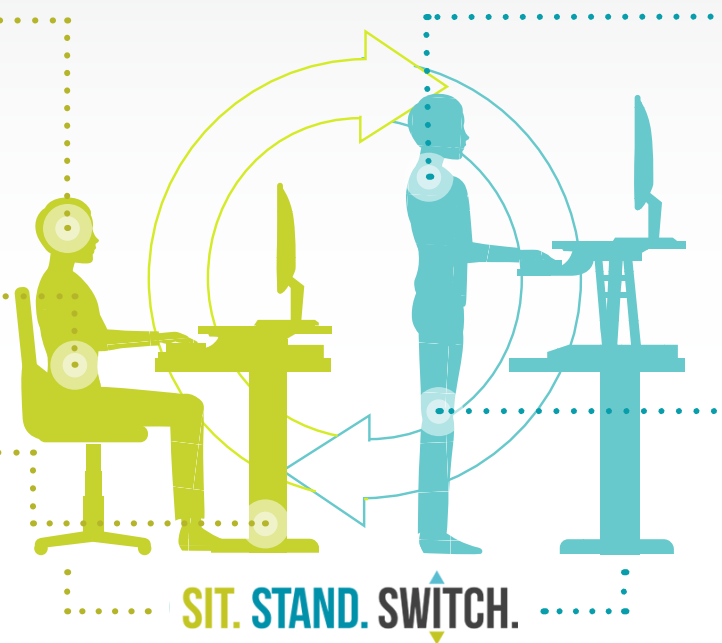
**Sit upright or slightly reclined, keeping a few inches between the back of your knees and the edge of the seat.**

*(Pro Tip: Use a cushion to maintain the slight natural curve of your lower back).*

**Keep your knees about the same height as your hips or slightly lower.**

**Place your feet flat on the floor without crossing your legs or ankles.**

*(Pro Tip: Use a foot rest if your feet do not touch the floor).*



**When standing up, reposition the screen and keyboard to maintain your ergonomic posture.**

**Stand with your feet about hip-distance apart, keeping a small bend in your knees and low back.**

*(Pro Tip: Shift between a few different standing positions to keep yourself constantly moving throughout the day. For example, use a foot rest to shift your weight back and forth).*

**Change position every 30 minutes and take mini breaks to look away from your computer screen.**

*(Pro Tip: Establish a few simple stretches and take walking breaks to avoid muscle and eye fatigue.)*

*Image source: Ergotron®*

## Our top three sit to stand tips to keep you comfortable at work:

1. Keep your head directly over your shoulders and your chin level with the floor. Keep your screen about an arm's length from your body (but the larger the screen, the more distance you'll need).
2. Relax your shoulders away from your ears and keep your neck relaxed with your chin tucked in.
3. Maintain a keyboard height that is level with your elbows. Avoid flexing your wrists.

View our sit to stand solutions at: [theergocentre.com.au](http://theergocentre.com.au) or visit our showroom: Unit 2, 27 Anzac Highway, Keswick, SA 5035

