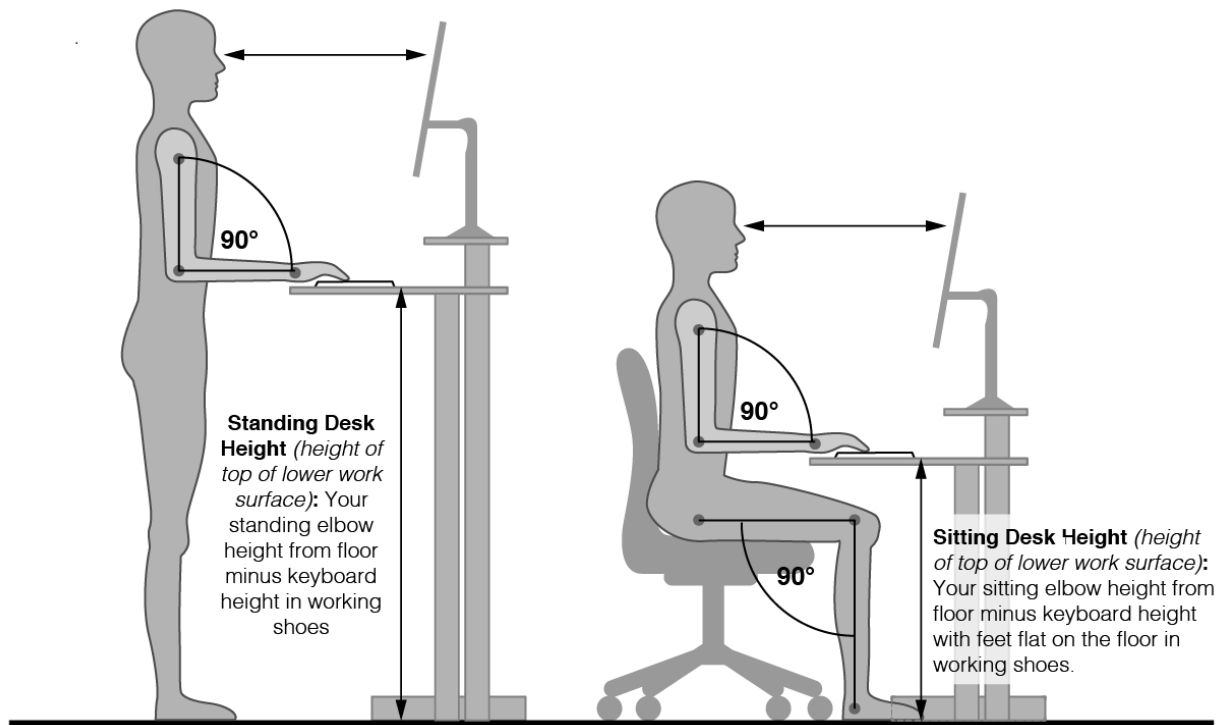


Sit-Stand Workstation Guide



1. Determine the standing desk height by relaxing your shoulders, keeping your arms by your side and bending your elbows to 90 degrees. Adjust the desk height to just below the elbows.
2. Stand no more than 60 minutes at a time before you change to sitting or go for a brief walk.
3. To minimise leg fatigue, alternate or shift weight from leg to leg occasionally, use a footrest to place one foot on at a time if available.
4. Stretching and general movement of large muscle groups should be done as often as possible

How much should you stand? Follow this principal.....sit less, stand more, move as much as you can!!

References

<http://www.monash.edu.au/ohs/topics/info-sheets/sit-stand-desks.html>

<http://www.heartfoundation.org.au/SiteCollectionDocuments/HW-PA-SittingLess-Adults.pdf>