

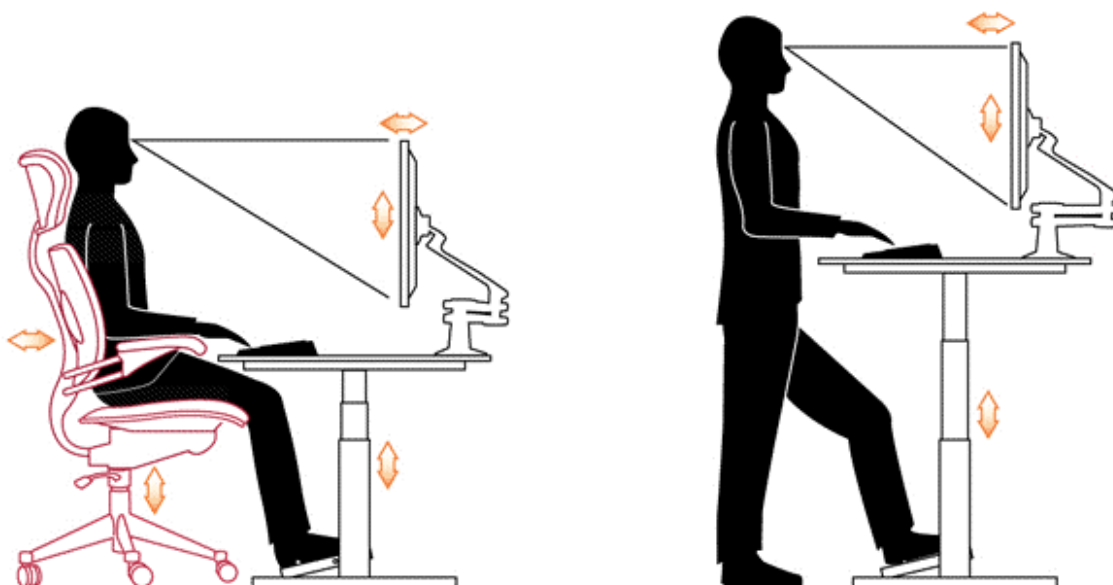


Sit-Stand Workstations

Sitting is the new smoking, right? True, research has found prolonged sitting have enormously detrimental health effects. However, standing all day isn't quite the solution because prolonged standing can also have negative health effects. Getting the balance between sitting and standing is the key to maintaining health and preventing injury at work.

What are Sit-Stand Workstations?

Variable sit-stand workstations are designed to break up the day to avoid the ill effects of prolonged sitting and standing. The majority of the working population spends the majority of their time sitting. They then travel home sitting, sit at the dining table and then sit on the couch and watch TV. This prolonged sitting can result in ill health effects. However, prolonged standing instead is not the right option either, as this can also result in ill health effects. Thus, the sit-stand workstation was introduced to enable the office worker to break their day up between both and avoid the detrimental health effects of both.





The Health Effects of Prolonged Sitting

- Neck/upper back/lower back pain from poor posture putting strain on the spine and the muscles around the spine – compression of the spine
- Joint compression and increased risk of osteoarthritis (OA)
- Swollen legs from muscle inactivity and fluid build-up (oedema or swelling)
- Varicose veins
- Heart disease
- Colon cancer

The Health Effects of Prolonged Standing

- Muscle strain from increased muscle activity to maintain standing posture
- Joint compression from gravity on the joints - can increase risk of OA
- Varicose veins
- Carotid Atherosclerosis

How do we find the Balance between Sitting and Standing??

Research has shown that by correcting posture every 20-30 minutes, switching between sitting and standing every 45 to 60 minutes, stretching in between sitting and standing and taking regular breaks can significantly decrease the risk of these ill health effects. Having the correct ergonomic set-up will also aid with the benefit of a sit-stand workstation.

Hot tips:

- The computer screen should be an arm's distance away
- Sit directly in front of the screen, or the screen you use most if you have more than 1 screen
- Feet flat on the floor
- Arms at 90 degrees

Ergonomic assessments are essential for both sitting workstations and sit-stand workstations to ensure correct posture and to prevent injury at work. Regular exercises that decompress the spine while at work can prevent musculoskeletal pain.



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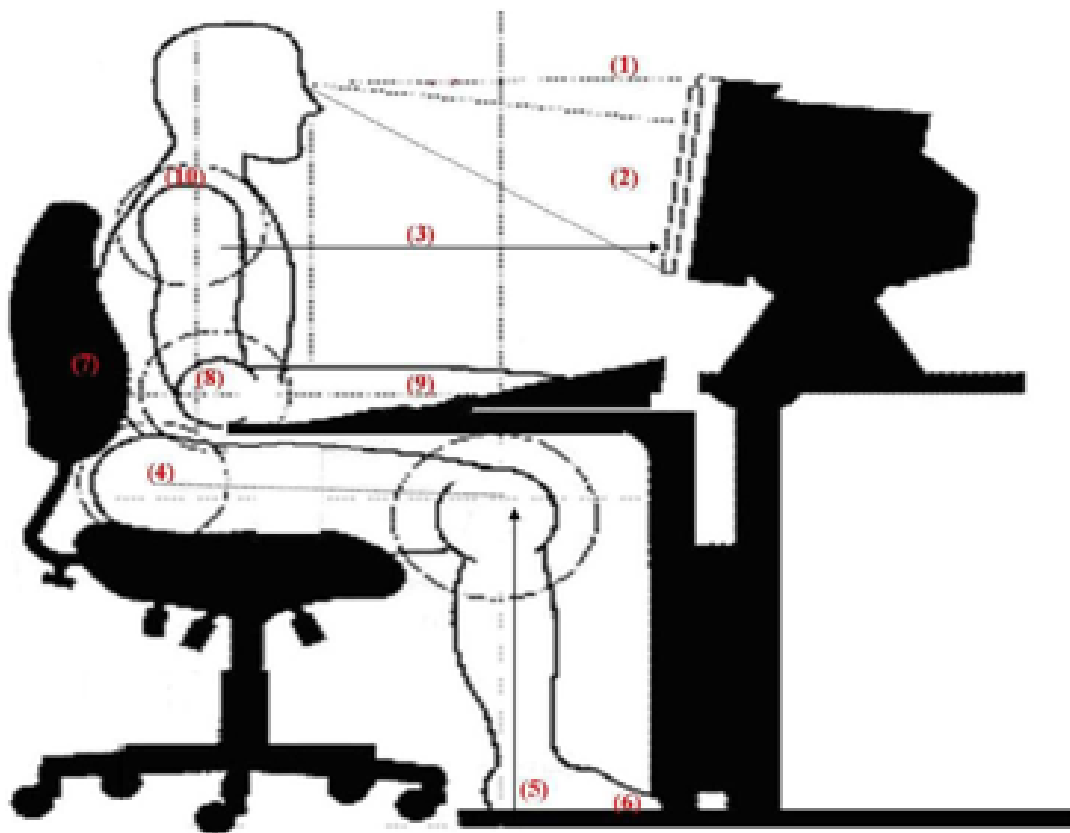
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revitalise – bounce – be healthy

Ergonomic Workstation Checklist



Name: _____

Date: _____

Occupation: _____

Signature: _____

General Posture tips:

Regular posture breaks are recommended (every 30-40 min for 1-3 min)

Give your eyes frequent breaks and remember to blink.

Periodically look away from the monitor and focus on a distant point

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