



Sit-Stand and Office Ergonomics: one ergonomist's perspective

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Strategy vs Piecemeal

- **Tiered approach to facilitate the Internal Responsibility System**
 - Awareness
 - Internal assessment team
 - External support from professional ergonomist

Pre-assessment input

□ How do we manage workers' expectations regarding the impact of sit-stand workstations?

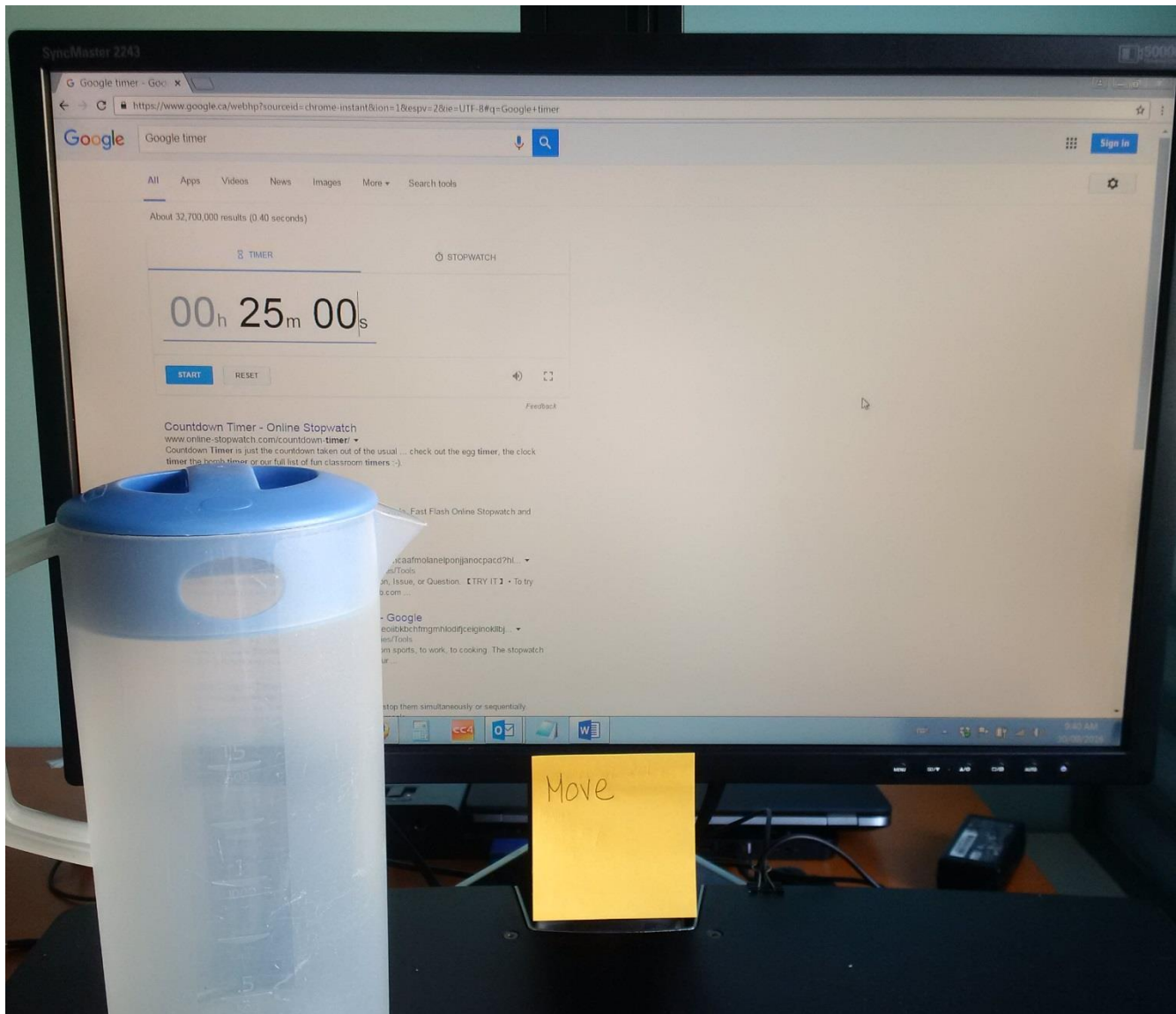
"I would like a workstation that allows me to sit or stand when I need to"
Suggested solution:
more frequent breaks
– worker who sits 3 hours at a time.

"My workstation isn't set up right."

"I need to stand 10 min. every 30 min. My workstation doesn't accommodate my doctor's orders."

"Sitting is hurting. I try to stand and walk around but it isn't easy to do"
Suggested solution: raised workstation.
- Worker who sits 6 hours at a time.

Strategies



Challenges

- **Post-assessment implementation – who's responsibility?**
 - Conversation between procurement, manager/supervisor, facilities**
 - Selecting between options**
 - New desk or sit/stand attachment**

Implementation

- **What does the manager need from the supplier?**
 - Translate specs to product
 - Warranty
 - Trial period
 - Set up new equipment
 - Training
- **Follow up with worker**

Provide a chair that meets the following criteria:

- Seat pan height of #
- Seat pan depth of #
- Pronounced lumbar support that adjusts to #
- Angle adjustable back rest that adjusts independently of the seat pan angle
- Arm rests that can be removed from the chair or a chair without arm rests

If a new chair is purchased, obtain a chair for a trial before committing to a purchase.




Thank you!

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