

# Standing While Working Tips

Listen to what your body is telling you and change your position frequently. Sitting all day can be harmful, but standing for too long can cause sore feet, swelling in the legs, lower back pain, varicose veins, and general muscular fatigue.

Here are a few tips to keep in mind when standing while working:

## Good Posture:

- \* Desk surface should be just below elbow height allowing your arms to form a right angle (hands are on keyboard)
- \* Monitor should be placed 20" – 28" away from you
- \* Monitor should be eye level to avoid looking down putting strain on your neck

## Your feet:

- \* Use a floor mat to avoid foot pain
- \* Try propping one foot on an angled footstool (don't forget to change feet)

## Get moving:

- \* Move around frequently to improve circulation and reduce muscle fatigue
- \* Take a break to just stretch whether you are standing or sitting

## Things to avoid:

- \* Twisting to reach things – move your feet so that your whole posture changes with the movement
- \* Reduce the amount of bending – when you do bend try bending at the knees rather than the back
- \* Avoid overreaching for items – if reaching over your head cannot be avoided use a firm step stool. Keep documents you need within arm length on the desk or table. If there is an obstruction blocking you move the object or change your position before reaching what you need

## Support yourself:

- \* Lean when it is possible to reduce fatigue when standing (lean back, sideways, or forward) making sure the support you choose to lean against can support you

## Don't forget to stay active:

- \* Strengthen your core muscles for coordination, balance, and stability
- \* Do activities such as yoga to maintain flexibility
- \* Get 150 minutes each week of moderate-vigorous intensity activity

**Remember to build up your endurance for standing while you work!**