A healthy workplace is good for business

SIT-STAND ADJUSTABLE WORKSTATIONS

Sit-stand workstations adjust in height so that they can be used from either a sitting or standing position.

Ergonomists suggest that switching between sitting and standing can improve comfort levels and increase productivity. With more recent evidence showing the adverse health effects of prolonged sitting time in the workplace, some employers are choosing to implement adjustable workstations as a method to reduce their employees' sedentary behaviour.

Adjustable workstations consist of a height-adjustable desk or counter. Generally, these workstations adjust electronically, by gas lift, or by manual means including wind-up feet or winding style levers.

Before you purchase a sit-stand height-adjustable workstation, consider the following:

- overall stability of the desk
- storage requirements – inbuilt drawers under the workstation can limit accessibility
- type of workstation or desk legs if wheelchair access is needed – workstations may be standard 'U'-shaped, trestle-table style, single-pedestal style or table-leg style
- the employee's capacity to easily and safely use workstation adjustment controls
- portability – whether wheels are required for the workstation to be moved
- whether additional features are required to hold cables, monitors or printers
- whether an inbuilt or portable footrest is required.

It is also important that employees know about correct posture when standing at workstations. Important factors include alignment of the legs, torso, neck and head, as well as the use of appropriate and supportive footwear.
It may be useful to arrange a visit from a physiotherapist to conduct ergonomic assessments for your employees.

Adapted from the Australian Government Job Access website www.jobaccess.gov.au/Advice/ProductOrSolutionOne/Pages/Sit_stand_workstations.aspx

Sit or Stand (SOS) @ work study

The Sit or Stand @ work study aims to find out if standing more during the work day (using electric, height-adjustable workstations) is beneficial to blood fat and sugar levels in overweight male workers. The study also aims to find out if standing improves productivity and energy expenditure.

This research is being conducted by Baker IDI Heart and Diabetes Institute and it is anticipated results will be received throughout 2013.

For further information, visit www.bakeridi.edu.au/SOSAtWork

WorkCover TASMANIA

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