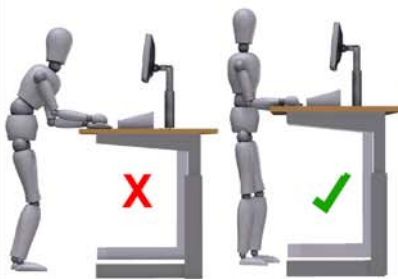


Stop & Think before you Sit & Stand

Using a sit-stand workstation requires behaviour change.

Here are some ideas to make the most of the opportunity.



Sitting or standing, make sure your posture is good



Don't sit or stand for too long - mix it up



Drink lots of water. It's good for you and creates natural comfort breaks.

Move about. Are there other work areas you can also use?



Have some of your meetings standing or, better still, walking.



Think about your tasks. Some are easier sitting and others are better suited to standing.



More ideas for individuals to sit less and be more healthy

- ❏ Raise your sit-stand desk up too high at the end of the day. It makes life easier for cleaners and forces you to reposition it in the morning.
- ❏ Raise the desk when colleagues approach to talk to you and have your conversation standing up.
- ❏ Stand for telephone conversations, especially if you need to be assertive.
- ❏ Stand to sort papers and files.
- ❏ Sending an internal email? Go and speak to the person instead.
- ❏ Have walking meetings.
- ❏ Park as far away from the building as possible. Do the same when you go shopping.
- ❏ Use the stairs, not the lift.
- ❏ Wear a pedometer and track your steps. Compete with yourself to improve your average.
- ❏ Enrol in health programmes.

Ideas for employers to optimise performance through sit-stand furniture & alternatives to sitting

- ❏ Train users to understand how to use their sit-stand desk, when to make posture changes and what good posture feels like (sitting and standing).
- ❏ Install “poseur tables” for short standing meetings and touch down use.
- ❏ Consider replacing some meeting tables with standing versions.
- ❏ Check if it’s possible to slow down the lift(s) to encourage stair use.
- ❏ In established Hot Desking areas, install a pair of sit-stand desks at the end of each set of standard desks. This will work very well provided good policies and procedures are in place (and the Hot Desking facilities are properly implemented and managed).
- ❏ Use schemes like [Global Corporate Challenge](#) which both encourage movement and foster team building.
- ❏ Create walking routes around your premises.
- ❏ Label routes and staircases with calories burned using schemes like [StepJockey](#).
- ❏ Incorporate posture and ergonomics into your health and wellbeing programmes.
- ❏ Gamify your workplace to encourage movement.