

Working in a Standing Position – Working in Sitting Positions Fact Sheet



WHAT IS AN EXAMPLE OF A WORKSTATION FOR SITTING/STANDING?

Continuous standing or sitting while working is a common source of discomfort and fatigue. Frequent changes of body positions, including alternating between sitting and standing, helps to avoid fatigue.

- Adjust the workstation to the proper height for the user. Refer to the document Working in a Standing Position for more information.
- Use a swivel chair or alternative chair with an adjustable seat height.
- Adjust the chair seat height to 25-35 cm (about 10 – 14 in.) below the work surface.
- Use a footrest with a height of 40-50 cm (about 16 – 20 in.).



WHAT IS AN EXAMPLE OF A SEMI-CIRCULAR WORKSTATION?

- Arrange work in a semi-circle.
- Use a swivel or alternative chair to reduce body twisting, to allow easy movements, and to reduce side-to-side motions.
- Use sloping work tables whenever possible to reduce bending, and to encourage an upright position while sitting or standing.



WHAT ARE EXAMPLES OF A CHAIR FOR SITTING/STANDING WORKSTATIONS?

Whenever possible, a worker should be able to work sitting or standing at will.

- Ensure that the seat has a minimum width of 40 cm (about 16 in.).
- Choose back rests that are contoured vertically and horizontally.
- Use a seat covering of non-slip, breathable fabric.
- Select seat padding that is about 2-3 cm (1 in.) thick.



- Provide a chair that can fold up and be stored out of the way where space is limited.
- Ensure that chairs have a back support.
- Use arm rest if appropriate. Some individuals do not use an arm rest because leaning on the arm rest can put pressure on the underside of the arm. In other situations, the arm rests may not allow the chair to be close enough to the work

surface, which may result in over reaching.

- Provide a chair for resting purposes even when work can only be done standing.



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