

APPENDIX III

Sit/Stand Workstations

The optimal work surface height for a sit/stand workplace varies depending on the nature of the primary job tasks and the height of the worker. As a result, the ideal workstation is adjustable in height. When adjustability is not possible, the recommended height for an average person performing tasks involving large-size products or drawings is 44 inches above the floor. Adequate leg clearance also reduces static loading on the legs and back of the worker. For tasks that can be done while sitting or standing, the recommended work surface height for an average person is 40 inches above the floor; a lower surface may cause stooping and static loading on the back, neck, and shoulder muscles, especially for taller workers. Seated work at a standing-height workstation requires properly designed seating with adequate foot support provided by a sturdy foot rest of proper height and sufficient size to permit periodic postural shifts of the legs while working.

For those interested in exploring a sit/stand workstation, information is available from EH&S on request. An ergonomic assessment is strongly recommended (but not required) prior to purchasing a sit/stand.

Prior to recommending a sit-stand workstation, EH&S typically recommends assessment from a qualified medical professional such as a physician, chiropractor, nurse practitioner, physician assistant, or physical therapist. A copy of the medical professional's determination may be shown to the EH&S staff performing your assessment. In cases where a sit/stand workstation has not been medically indicated, the workstation may be provided to the employee at the discretion of the employee's supervisor/department.

The sit/stand workstation must be obtained through the employee's department's normal purchasing process. Contact the Procurement Department at 275-2002 ([website](#)) or EH&S with any questions.

Anti-Fatigue Mats

Anti-fatigue mats provide relief from contact stress to the feet of the worker at standing and sit/stand workstations. Mats should be large enough for workers to stand entirely on the mat when at the workstation. Select a mat free of raised or irregular surfaces that might cause concentrate forces on the feet of the worker. Mats should be designed so they do not create tripping hazards (i.e. beveled edge), and for convertible sit/stand workstations, having an easy-to-stow mat is ideal.