



Sit-to-Stand Workstation Suitability Program

Sit-to-Stand Workstations are the biggest new trend in office ergonomics. Applied correctly, they can have a significant impact on avoiding certain types of postural and repetitive motion injuries. They are, however, not the solution to every ergonomic issue and can be quite costly.

The Rise of Sit-to-Stand Workstations

Most sit-to-stand workstation requests will originate directly from your employees for one of the following reasons:

- * A recent injury resulting in an employee feeling that a sit-to-stand workstation may benefit them
- * One employee seeing another employee get one then thinking they should have one as well
- * An employee becoming aware of something called “**sitting disease**” and thinking they should not be sitting!

Noticeably absent from this list is a doctor’s note or the advice of an ergonomist or a disability management specialist.

Employers that implement sit-to-stand workstations without a consistent process and standard are opening themselves up to a whole host of issues such as over-expenditure on unneeded equipment, questioning of reasonable accommodations, accusations of discrimination, or reduced employee morale.

When is a Sit-to-Stand Workstation Suitable?

The answer to this question lies in understanding that there is no single objective or subjective factor that can make that determination. Rather, it is the combination of objective observation combined with subjective considerations. Generally, those considerations are:

- Reported discomfort
- Specific job tasks
- Employee behaviors while at workstation
- Work restrictions, if any



Further, if a positive determination is made, there are several types of sit-to-stand workstations that can be implemented.

Do you know which type of sit-to-stand workstation is most suitable for a given employee and situation?

Sit-to-Stand Workstation Program

P3 Ergonomics has developed a comprehensive program to help you manage sit-to-stand workstation requests. Our process will steer you clear of some of the common traps and expenses that plague the sit-to-stand workstation philosophy.

With our methodology, you will be able to act confidently knowing that you will be implementing sit-to-stand workstations **ONLY** when it will be effective, and **ONLY** to the degree necessary. Our unique program includes :

- Sit-to-Stand Workstation Policy Language that can be integrated into your ergonomic or safety policy
- Sit-to-Stand Workstation Process Narrative from request to implementation
- Sit-to-Stand Workstation Process Flowchart
- Sit-to-Stand Workstation Ergonomic Checklist targeted at sit-stand workstation determination.
- Sit-to-Stand Workstation Analysis Tool which combines objective observations gathered during the ergonomic evaluation with work restriction and workstation considerations.
- Sit-to-Stand Workstation Recommendation documents specific information for your purchasing agent to order products or your installer to achieve proper implementation.
- Sit-to-Stand Workstation Employee Guidelines for Use

Also included are the initial and on-going consultations to ensure all components will blend seamlessly into your work environment. Training will be provided for your Safety and Human Resources staff to ensure they will be comfortable with program facilitation.

Let us help you to quickly master your Sit-to-Stand workstation challenges!