

## Comfort Tips for Standing Computer Users (standing workstations)

### Workplace Safety & Health | Ergonomics

Symptoms of stress and fatigue from working on a computer at a standing workstation may be minimized or avoided by correctly adjusting work equipment and maintaining a good posture. The following tips should help minimize these symptoms and maximize personal comfort.

## Posture

- Head should be upright, facing forward.
- Shoulders should be relaxed.
- Elbows should be at or around 90 degrees.
- Wrists should be straight and flat, not bent backwards.
- Back should be upright.
- Knees should be slightly bent, not locked.

## Equipment

- The keyboard angle should be adjusted as flat as possible or possess a slight negative tilt (downward sloping angle away from you) at standing elbow height.
- The mouse or other input device should be at elbow height, next to the keyboard.
- The monitor and keyboard should be in line with the center of the upper torso and eyes.
- The top of the monitor screen should be slightly below eye level.
- Adjust the height of the keyboard to match standing elbow height.
- Use a document holder if regularly typing information from a reference document.
- Adjust the monitor to a high contrast and a low brightness. Adjustments may need to be done several times throughout the day, as ambient room light varies.
- To reduce glare, position the monitor perpendicular to windows or other light sources.
- Task lighting may be necessary for improved illumination when reading.
- Keep the monitor screen free of dust and fingerprints.
- Report to supervisor if the monitor display is blurry or jittery.
- Wear appropriate footwear for standing. An anti-fatigue mat may be beneficial if standing on concrete or a hard surface.

## Work Habits

- Set a goal to stand an accumulated 2 hours per day during working hours, eventually progressing to a total of 4 hours (Buckley, et al., 2015).

- Periodically change your posture throughout the day by alternating between sitting and standing.
- Build movement into your day by performing 15 minutes of non-keying activity for every 2 hours of keying.
- Use a lighter touch when typing on the keyboard to reduce repetitive compressive stress to the finger tendons.
- Periodically focus eyes on an object at least 20 feet away to reduce eye fatigue.
- Use a headset instead of cradling the telephone between the shoulder and neck while typing.

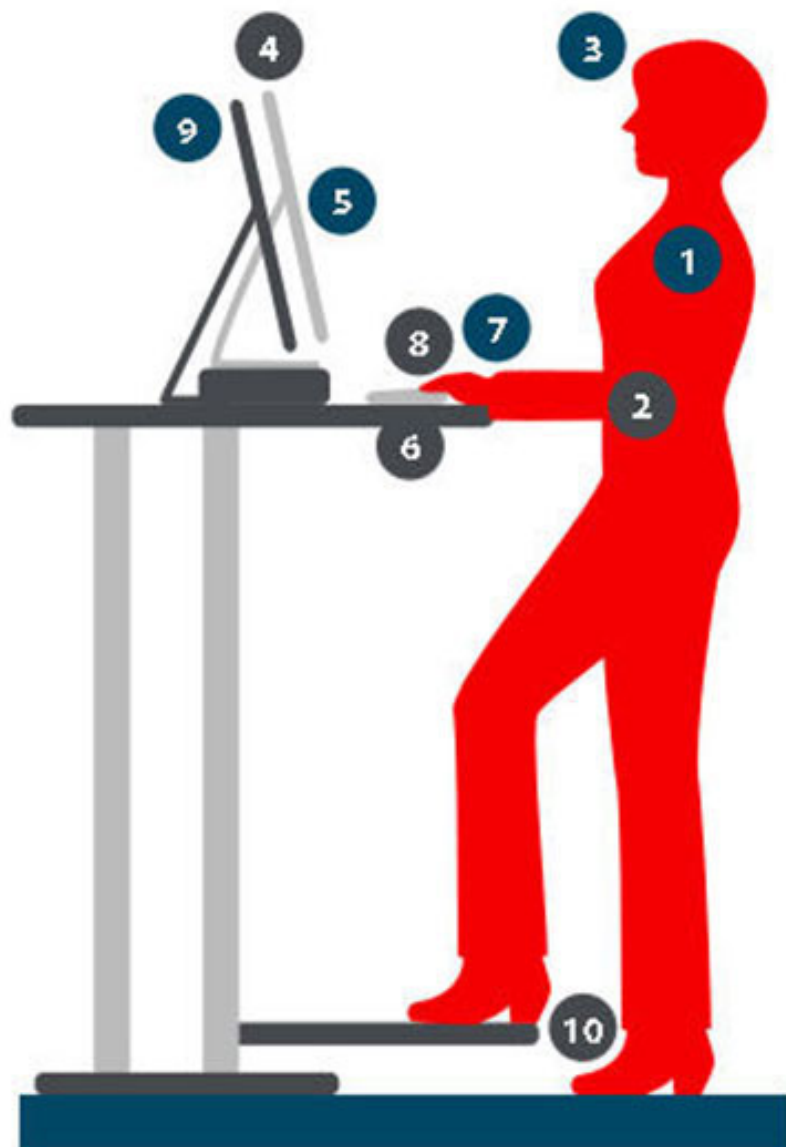
### Related Resources:

Comfort Tips for Seated Computer Users (seated workstations)

Comfort Tips for Computer Users (home office and on the road)

Office Stretching Poster

## Comfort Tips for Standing Computer Users



- 1 Relax shoulders
- 2 Keep keyboard at elbow height and elbows at 90-degree angles at your sides
- 3 Keep head upright, facing forward
- 4 Keep top of screen at or near eye level
- 5 Minimize glare on your screen
- 6 Place mouse next to keyboard, within a comfortable reach
- 7 Keep wrists straight
- 8 Do not overstretch fingers by using a light touch when typing
- 9 Use a document holder while typing information from a reference document
- 10 Periodically rest one foot on a footrest, if available, for a few minutes

## References

Buckley, J. P., Hedge, A., Yate, T., Copeland, R. J., Loosemore, M., Hamer, M., . . . Dustan, D. W. (2015). The sedentary office: a growing case for change towards a better health and productivity. Expert statement commissioned by Public Health England and the Active Working Community Interest Company. *British Medical Journal*, 1-6.

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