Using a Sit-to-Stand Desk Effectively

Sit-to-stand desks allow you to alternate between sitting and standing, but they are not essential for everyone. Regular movement remains important.

SITTING POSITION

Screen:
Top at eye level. About an arm's length away.

Chair height:
Elbows at 90–120°.

Backrest:
Upright with lumbar support.

Seat:
Sit back with a small gap behind the knees.

Keyboard:
Within easy reach.

Feet:
Keep your feet supported on the floor or a footrest if required.



STANDING POSITION

Screen:
Top at eye level. About an arm's length away.

Desk height:
Elbows at 90–120°, forearms supported, shoulders relaxed.

Posture:
Weight evenly distributed. Knees relaxed. Avoid leaning.



ALTERNATE POSITIONS

A good starting point:

40 minutes sitting | **20** minutes standing

Change position throughout the day.

KEEP MOVING

- Take regular movement breaks. Stand, stretch or walk for a few minutes.
- Change position before you feel uncomfortable.

THINGS TO REMEMBER

- A sit-to-stand desk does not replace movement.
- Avoid prolonged sitting or standing.
- Wear comfortable, supportive footwear.

KEY MESSAGE

Alternate between sitting and standing, move regularly and avoid prolonged positions.

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This information is general guidance and should not replace professional medical or individual workplace advice.