

SIT-STAND SWITCH™ TIP SHEET

Prolonged sitting can have serious health implications, but so can standing for too long, especially with the wrong form. Alternate between sitting and standing to help you stay healthy – and comfortable – all day long.

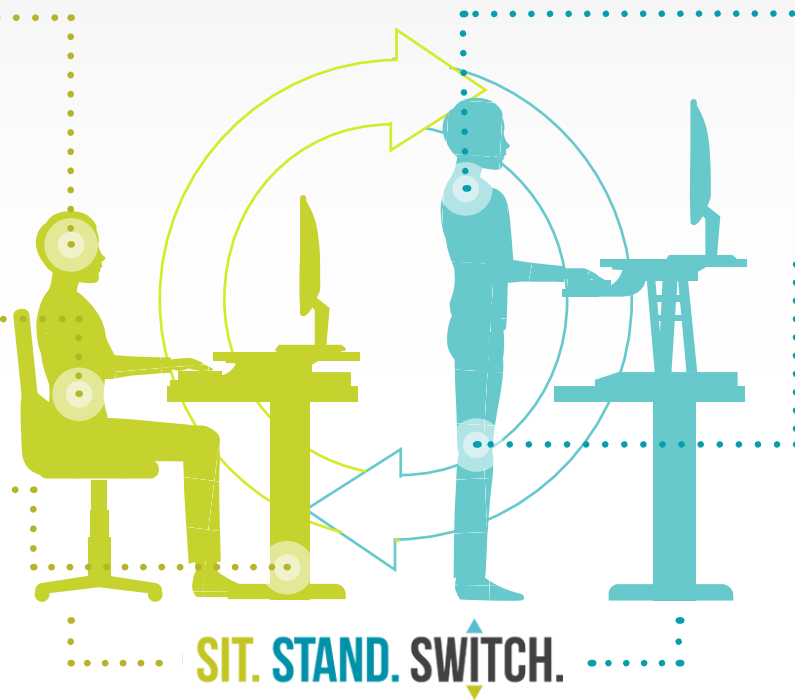
Sit upright or slightly reclined, keeping a few inches between the back of your knees and the edge of the seat.

(Pro Tip: Use a cushion to maintain the slight natural curve of your lower back).

Keep your knees about the same height as your hips or slightly lower.

Place your feet flat on the floor without crossing your legs or ankles.

(Pro Tip: Use a foot rest if your feet do not touch the floor).



When standing up, reposition the screen and keyboard to maintain your ergonomic posture.

Stand with your feet about hip-distance apart, keeping a small bend in your knees and low back.

(Pro Tip: Shift between a few different standing positions to keep yourself constantly moving throughout the day. For example, use a foot rest to shift your weight back and forth).

Change position every 30 minutes and take mini breaks to look away from your computer screen.

(Pro Tip: Establish a few simple stretches and take walking breaks to avoid muscle and eye fatigue.)

SITTING AND STANDING TIPS:

1. Keep your head directly over your shoulders and your chin level with the floor. Your gaze should fall in the middle of the screen, and keep about an arm's length distance from the screen (Pro Tip: The larger the screen, the more distance you'll want).
2. Relax your shoulders away from your ears and keep your neck relaxed with your chin tucked in.
3. Maintain a keyboard height that is even with your elbows (Pro Tip: Maintain a 90° to 120° angle).
4. Avoid flexing your wrists. Keep them relaxed, in a natural position with your fingers gently curved.