Working from home and want to safely use a standing desk?

Use a counter or tall table, along with items already in your house to set-up a temporary standing workspace that is safe and supports smart ergonomics.

**Standing**

Alternate between sitting and standing at least 1-2 times per hour.

Keep head back, chin tucked, ears, shoulder, hips aligned.

Keep elbows at sides and flexed at 90 degrees.

**Chair**

Move workstation to traditional table and standard chair for ideal posture.

If using a tall stool, ensure it supports neutral spine, hip, knee and shoulder positions.

**Laptop Riser**

Ensure the top 1/3 of the screen is at eye level.

*Use a box or reams of paper to adjust the laptop height.*

**External Keyboard and Mouse:**

Keep wrists straight and forearms/wrists floating.

*Use a mouse and external keyboard so the keyboard is at optimal height.*

Ensure keyboard and mouse are on a stable surface.

*Use a box or reams of paper to adjust device height.*

**Feet**

Wear supportive shoes. Avoid bare feet, sandals, or heels.

Limit static standing, use a footrest to shift weight.

*Use a sturdy box or reams of paper to support feet.*

**Other Reminders:**

- Limit total standing time each day to 30% of day.
- Stand no longer than 20 minutes at a time.
- Sit down when fatigued, uncomfortable, or legs, feet or low back have any discomfort.
- Use ear buds, headphones, or speaker to walk/stretch during meetings or calls.
- Do not begin a standing regimen without physician supervision for medical conditions or family history of cardiovascular diseases.