



# Osmond

## Ergonomics

### Stop & Think before you Sit & Stand

**Using a sit-stand workstation requires behaviour change.**  
Here are some ideas to make the most of the opportunity.



Sitting or standing:  
make sure your  
posture is good.



Don't sit or stand for  
too long – mix it up.



Drink lots of water.  
It's good for you  
and creates natural  
comfort breaks.

Move about.  
Are there other  
work areas you  
can also use?



Have some of  
your meetings  
standing or,  
better still,  
walking.



Think about your  
tasks. Some are  
easier sitting and  
others are better  
suited to standing.

## More ideas for individuals to sit less and be more healthy

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- Raise your sit-stand desk up too high at the end of the day. It makes life easier for cleaners and forces you to reposition it in the morning.
- Raise the desk when colleagues approach to talk to you and have your conversation standing up.
- Stand for telephone conversations, especially if you need to be assertive.
- Stand to sort papers and files.
- Sending an internal email? Go and speak to the person instead.
- Have walking meetings.
- Park as far away from the building as possible. Do the same when you go shopping.
- Use the stairs, not the lift.
- Wear a pedometer and track your steps. Compete with yourself to improve your average.
- Enrol in health programmes.

## Ideas for employers to optimise performance through sit-stand furniture & alternatives to sitting

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- Train users to understand how to use their sit-stand desk, when to make posture changes and what good posture feels like (sitting and standing).
- Install “poseur tables” for short standing meetings and touch down use.
- Consider replacing some meeting tables with standing versions.
- Check if it’s possible to slow down the lift(s) to encourage stair use.
- In established Hot Desking areas, install a pair of sit-stand desks at the end of each set of standard desks. This will work very well provided good policies and procedures are in place (and the Hot Desking facilities are properly implemented and managed).
- Use schemes like Global Corporate Challenge which both encourage movement and foster team building.
- Create walking routes around your premises.
- Label routes and staircases with calories burned using schemes like StepJockey.
- Incorporate posture and ergonomics into your health and wellbeing programmes.
- Gamify your workplace to encourage movement.

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