



Standing Vs. Sitting: Is it All or Nothing?

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Trending...







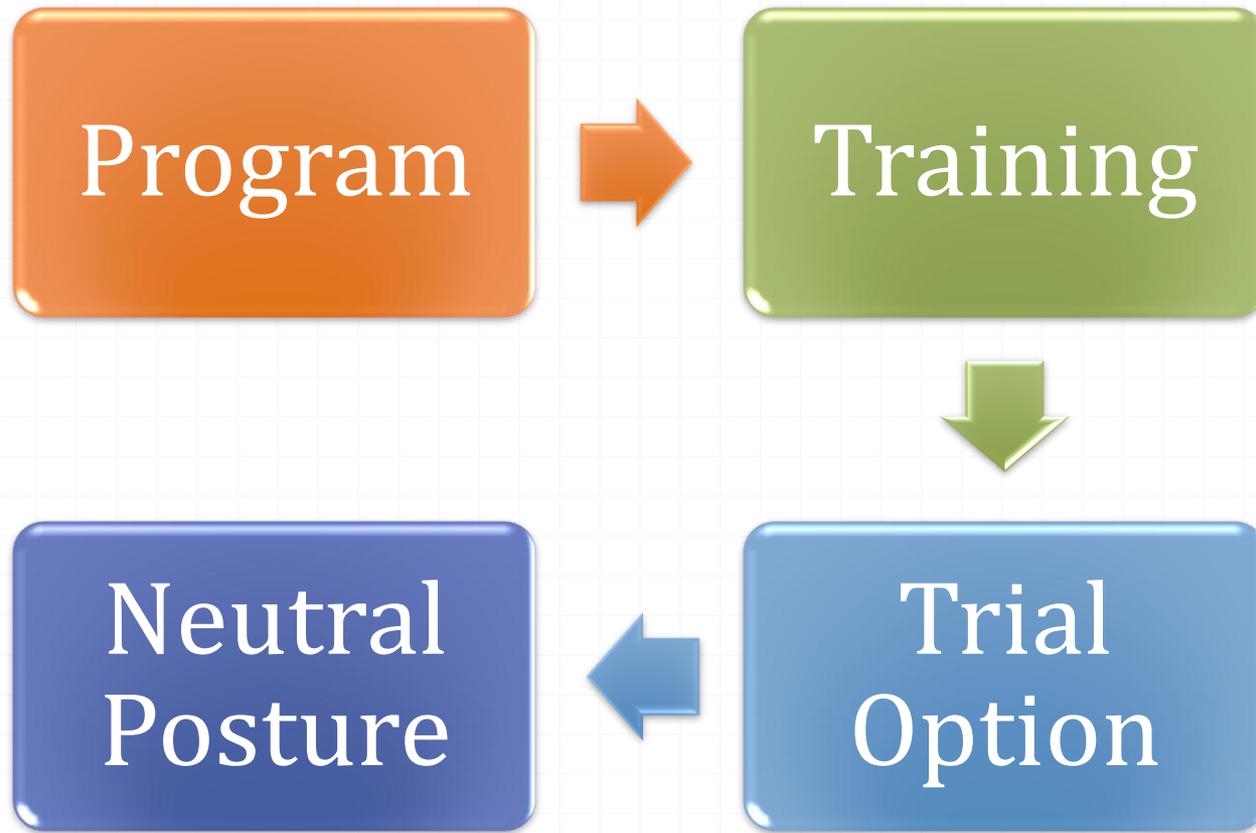


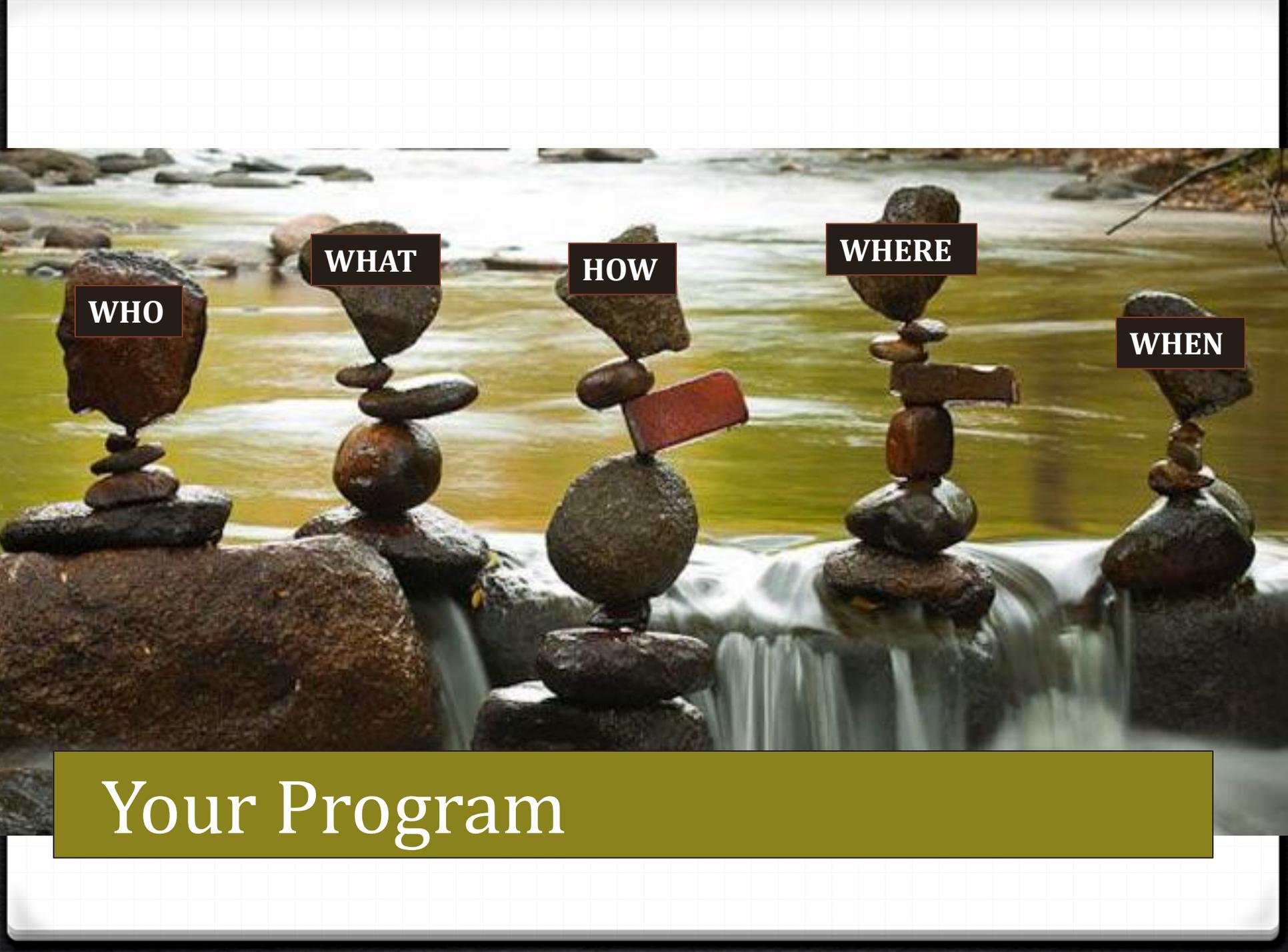
Study



60% of standing requests result from discomfort from a traditional sitting workstation

Office Workstations





WHO

WHAT

HOW

WHERE

WHEN

Your Program

Program Elements

Who is eligible?

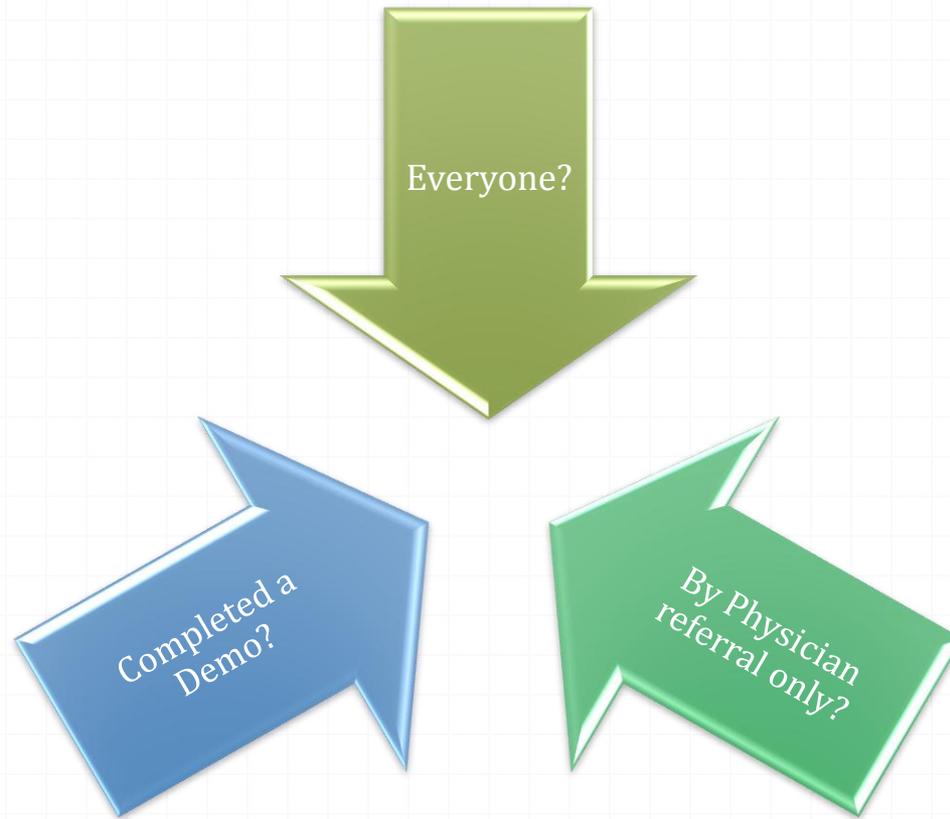
Select Equipment

Define cost allocation

Training

Follow up

Who is Eligible



Study Outcome

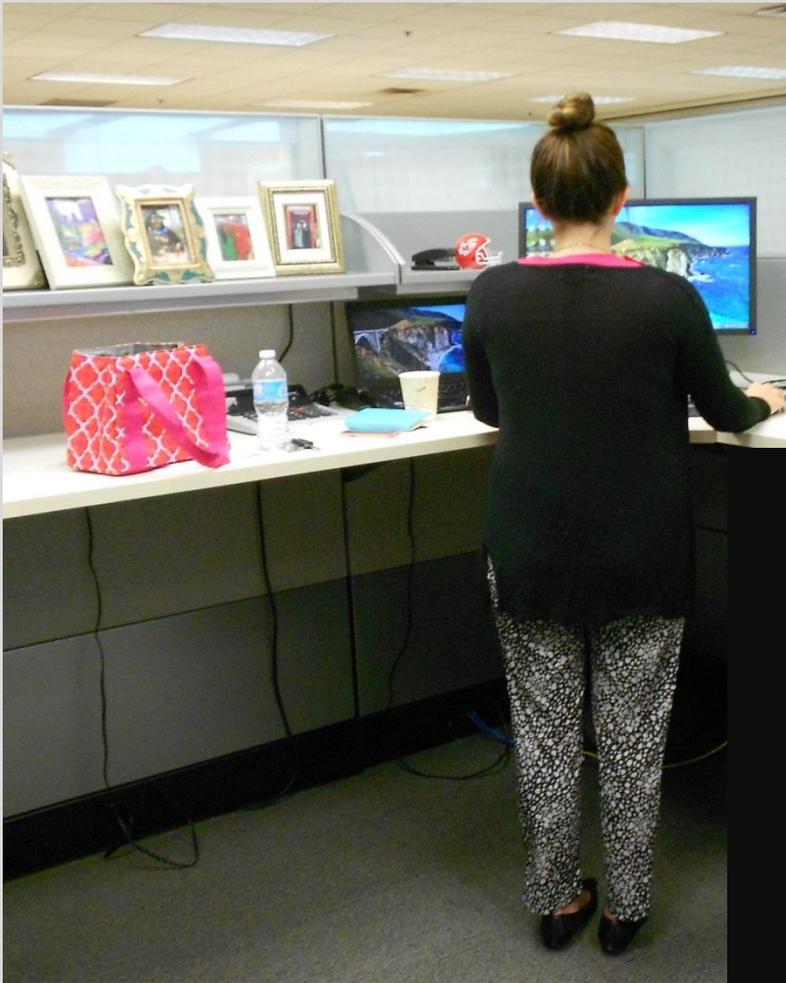
Pre Survey Found:

- ❖ 3 out of 7 Had pre-existing discomfort in the back, neck 2 shoulders.
- ❖ 2 out of 7 presented a pre-claim Physician referral
- ❖ 2 out of 7 were just curious about standing workstations

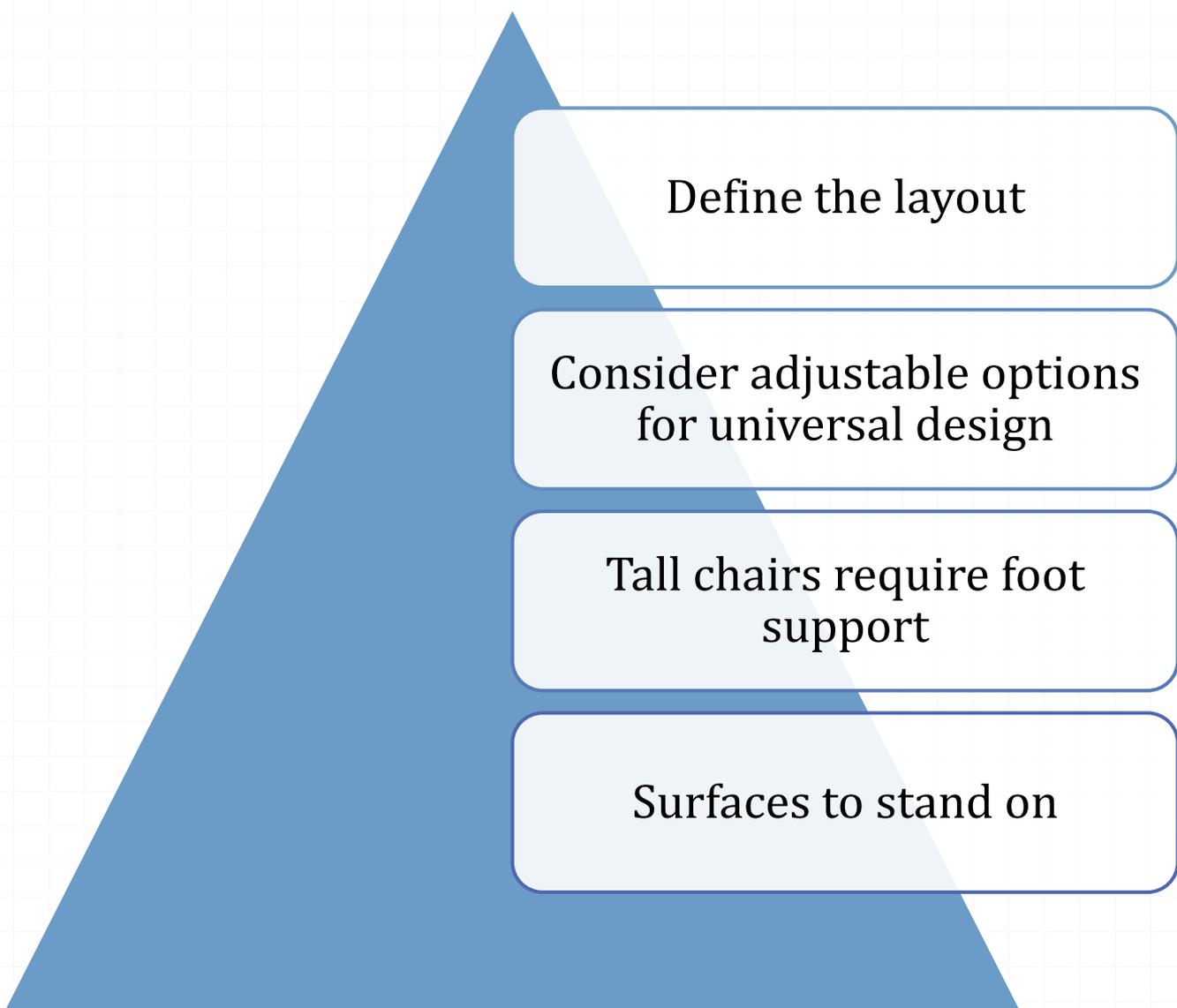
Outcome:

- “Less pain everywhere; no more numbness in legs; more alert “
- “I am less tired by the end of the day and during the weekends.”
- I had pain in my hip that went away after being able to stand.
- “My back doesn’t hurt nearly as much as when I sat all day.”

Cube or Office?



Selecting Equipment



Define the layout

Consider adjustable options
for universal design

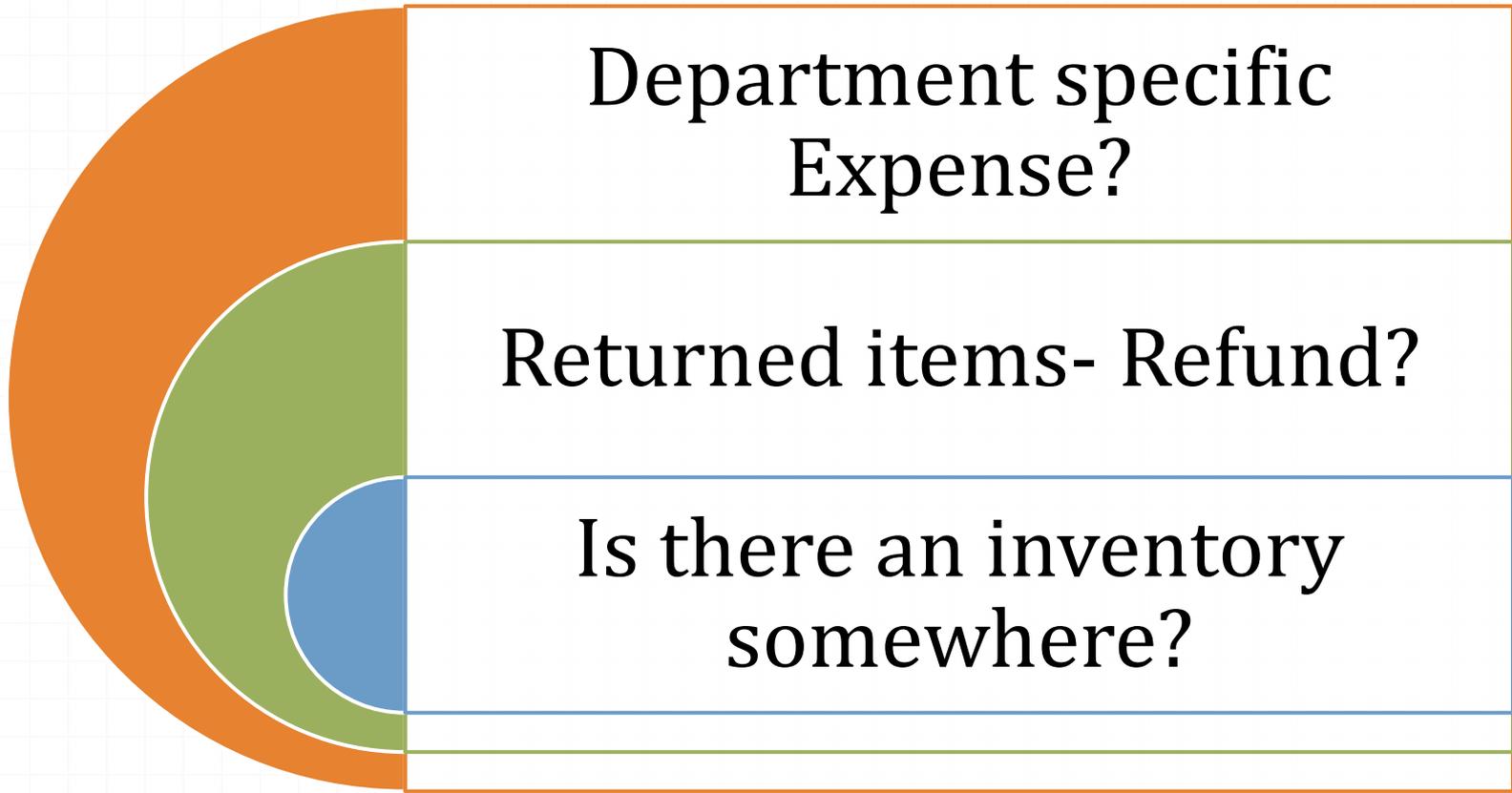
Tall chairs require foot
support

Surfaces to stand on

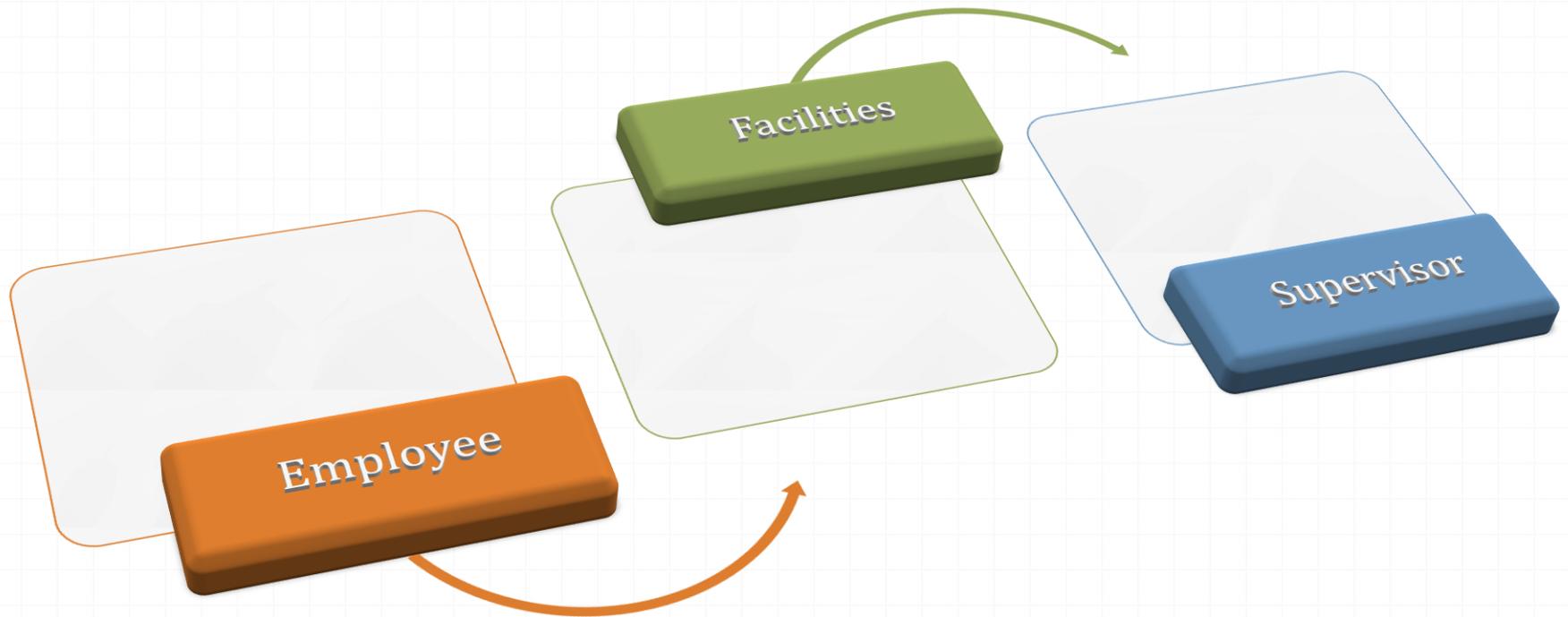
What about Tablets and Lap Tops?



Cost Allocation



Training



Liberty Mutual Research Findings

To Sit or To Stand: Maximizing Effectiveness of Ergonomic Interventions in an Office Environment

Wayne S. Maynard, CSP, CPE, ALCM
Product Director-WC, Ergonomics & Tribology

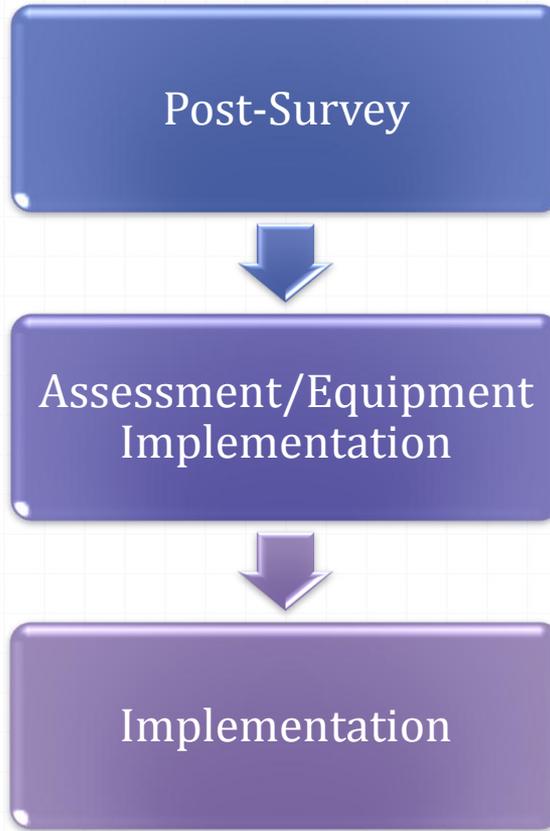
July 10, 2013

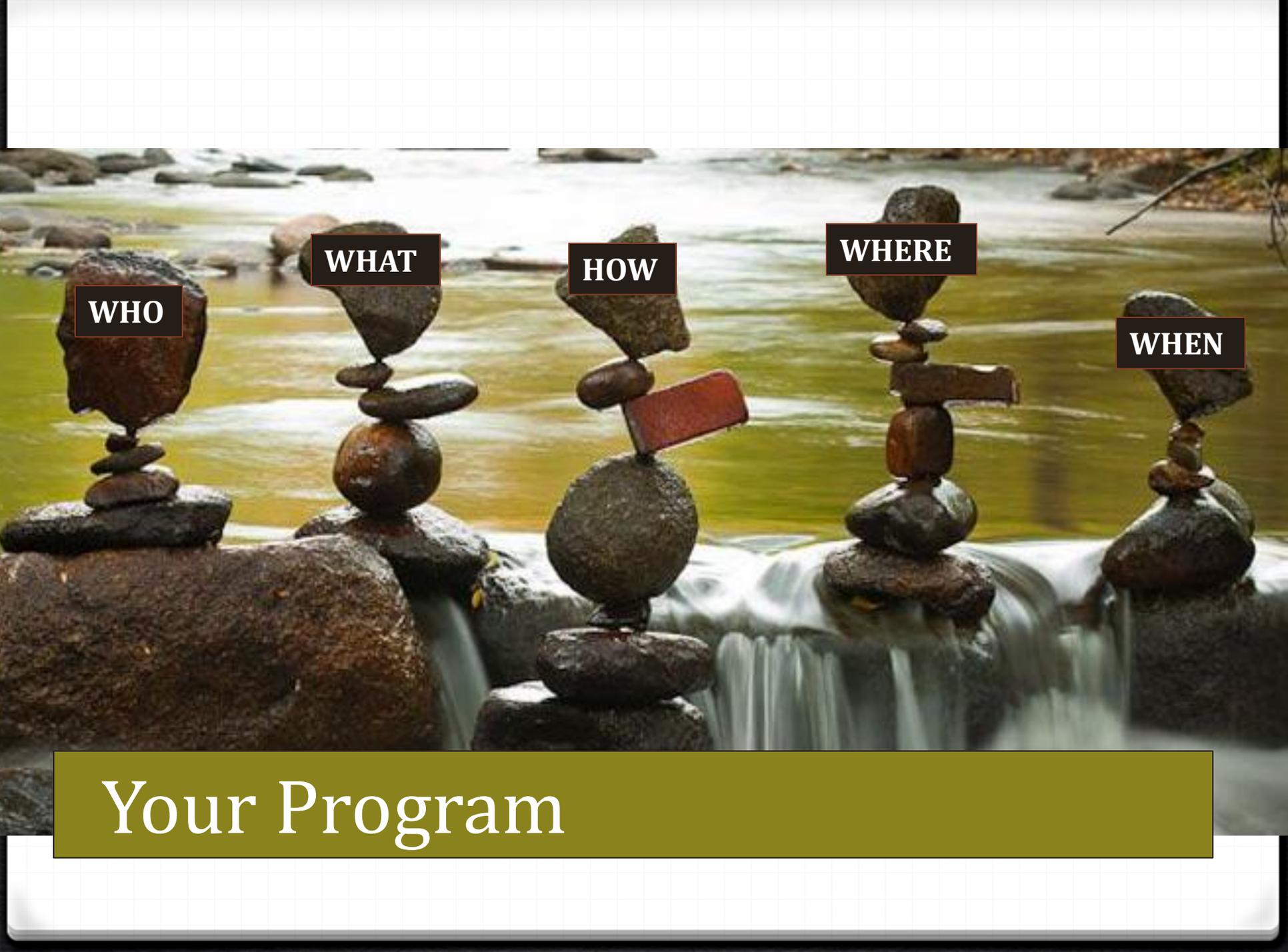
Acknowledgements:
Michelle Robertson, Ph.D., CPE



- Train all involved for competence
- Developed increased ergonomic knowledge
- Hourly breaks offer value in healthy computing

Follow Up





WHO

WHAT

HOW

WHERE

WHEN

Your Program





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What is the next step?

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