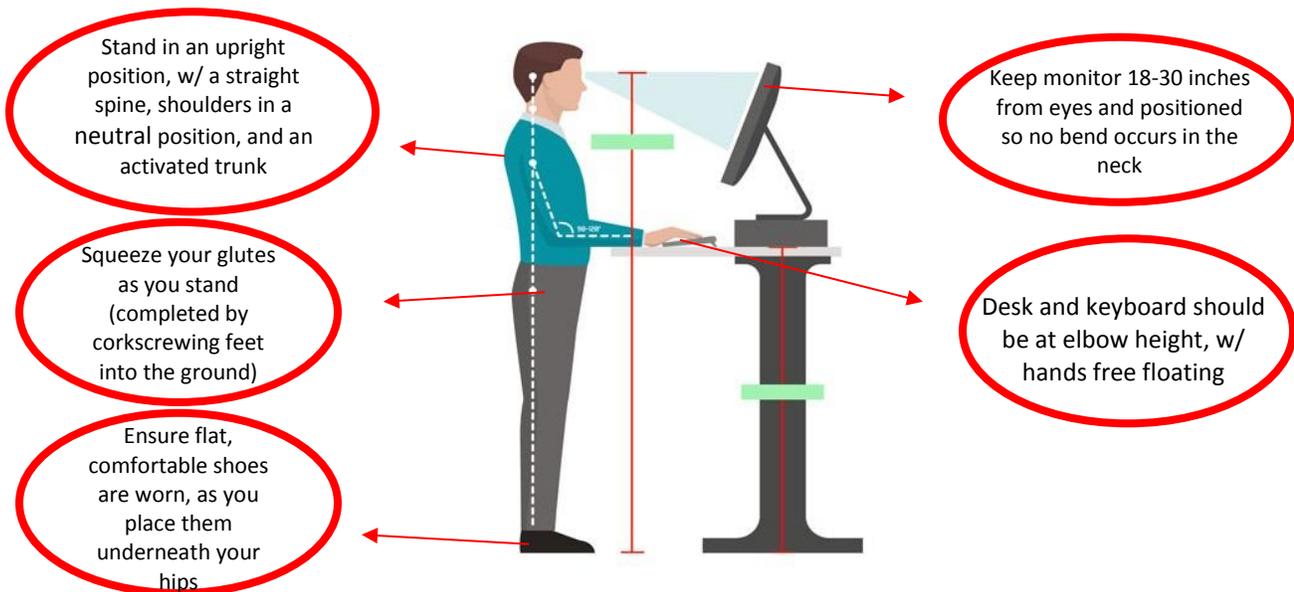
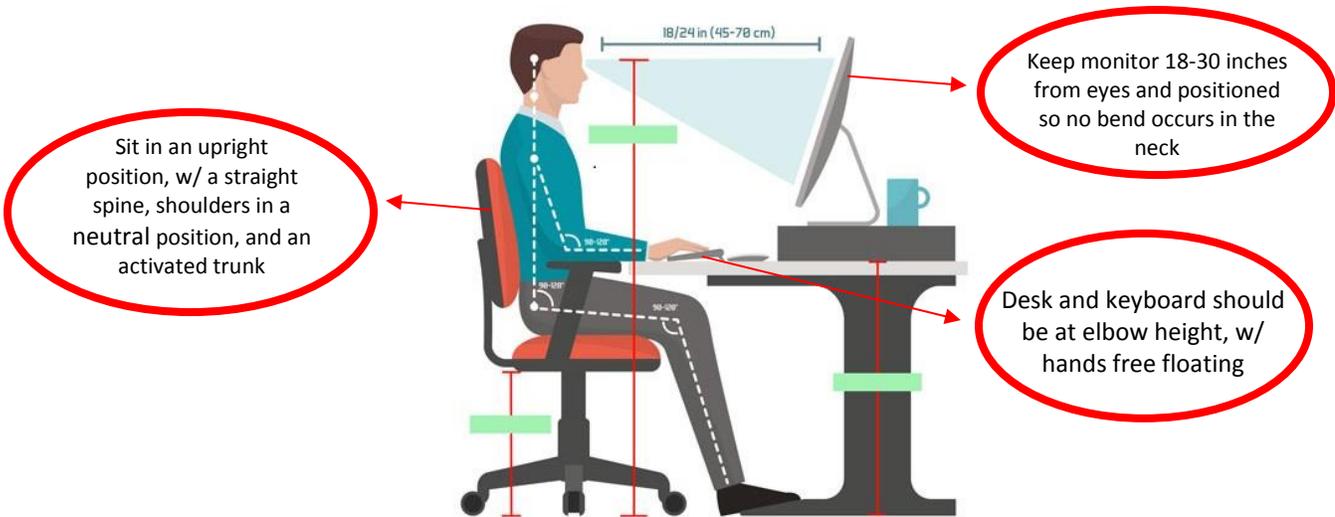




How to Properly Sit and Stand at Your Desk

Recent research has shown that the typical seated office worker has more musculoskeletal injuries than any other industry sector worker, including construction, metal industry, and transportation workers. This trend is believed to be caused by the maintaining of “compromised” positions for extended periods of time (for a majority of the 8-hour workday). A posture is deemed “compromised,” when it puts a muscle or joint into a detrimental position that creates a lack of stability or an irregular stretch in the above-mentioned structures. But how are we supposed to sit and stand properly? The guidelines below will assist with the proper set up of your work station, in both sitting and standing scenarios.



Source: Starrett, Kelly, et al. *Deskbound Standing up to a Sitting World*. Victoria Belt Publ., 2016.

Image Source: Kelly, Jeffrey. “The Proper Height Of A Standing Desk.” *NotSitting.com*, 24 Apr. 2018, notsitting.com/proper-height/.

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