



BCS
HAWORTH

Sit-to-Stand Tips



Seated-Height Tips

- Thigh-to-torso angle should be 90-degrees or greater.
- Feet should be flat on the floor or on a footrest when sitting.
- Assume different postures throughout the day in upright, reclined, or forward-tilt positions.
- Armrests should not interfere with user getting close to the worksurface.

Standing-Height Tips

- Bring worksurface height to a position where it's comfortable to perform work.
- Begin standing in sessions that last 15 minutes or less, and slowly increase standing time.
- Think movement/steps and posture change throughout the workday. It is important to assume different postures while standing. Every step helps the body maintain proper metabolism.



Scan this QR Code for more about the benefits of adjusting your posture throughout the day.

Need more? Scan this QR Code to find out what you need to know about standing at work.

