

Sitting Less, Moving More Information

Facts

- Sitting or standing for long periods of time has a deleterious (harmful) effect on your health.
- Statements about health from various sources over-generalise a more complex situation.
- The key issue is sedentary behaviour and specifically sitting at a desk for extended periods of time without varying body posture or moving away from the desk.
- Sit stand stations or height adjustable desks will not cure disease or prevent it. They are one of many tools and methods to assist in not sitting all day.
- Poor diet, lack of exercise and sedentary work and home life leads to increased risk of health issues and diseases.

What can I do to 'sit less' at work?

Important: If you have advice already from a medical practitioner or medical specialist, please consider their advice and recommendation for your specific situation.

Consider these opportunities for movement and changing posture:

- Stand and take a stretch break every 30 minutes. Use reminders to prompt moving away from the desk (i.e. use WorkRave or Time Out software)
- Where possible, use stairs and not lifts. Use the hand rails.
- Adjust tasks and when they occur to allow varying movement during the day (i.e. get up to take something off the printer).
- For meetings, have some time to stand (i.e. 5 – 10 minutes of every hour or a standing agenda item) or have standing meetings.
- Walk to a colleague's desk to talk to them instead of emailing them.
- If using public transport, get off one stop earlier to walk the rest of the way.
- Spend lunch time away from your desk.
- If possible, stand at the back of the room during presentations.
- Rotate sitting tasks with standing tasks. For instance, if possible, schedule meetings spread across the day or week.
- Drink more water to stay hydrated. Stand to drink or move to water dispenser to grab a drink.
- Locate equipment such as printers and bins so that you have to walk to get to them.
- Think about active exercise while commuting to work (i.e. bike riding, parking a little further away to walk).
- When greeting a visitor or taking a phone call, try to stand instead.
- Use headsets or speakerphone to enable standing at the desk.
- Have walking meetings (i.e. use the lake walk or other convenient path or area to walk).

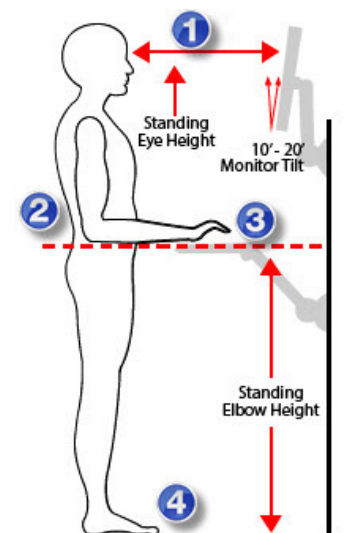
As a holistic approach to health, exercise and a good dietary intake both at work and at home are required to maintain it. Think about the sedentary time during your whole day and night (excluding sleep) and how increasing physical activity and varying tasks can help you avoid sitting or standing for long periods of time.

What is best for standing if I have a suitable bench, cabinet, or height adjustable or sit stand desk?

Varying posture and movement can have added health benefits. When standing please consider the following:

- 1) Distance from screen and screen height should be the same as sitting.
- 2) Posture needs to be maintained with normal curvature (i.e. no bending or twisting).
- 3) Desk height allows for elbows to be between 90 – 110 degrees down to desk.
- 4) Feet should be flat on the floor or one foot on footrest or step under the desk.

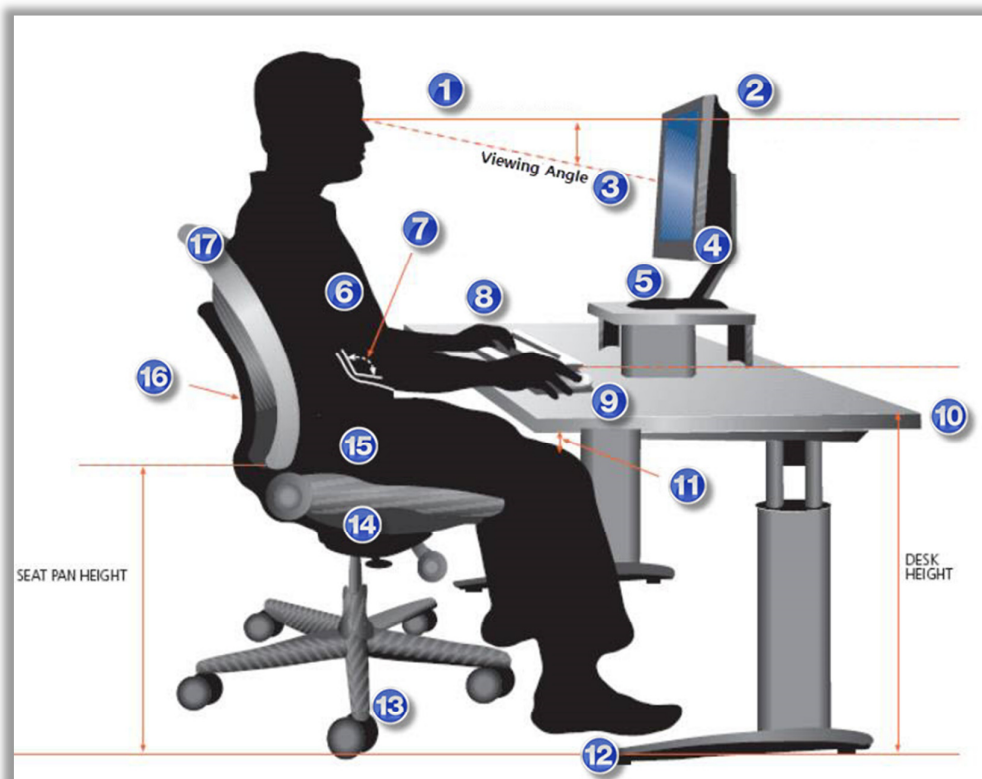
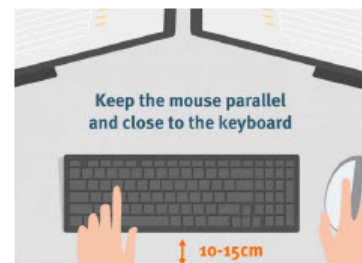
Standing should not be for long periods of time with seating recommendations for time applying for standing as well.



What is best for sitting at my desk?

In complimenting the above 'sit less' options, a good posture while sitting will assist in preventing injury. When considering the below options as a guide, please consider you individual situation for optimum adjustment.

- 1) Screen distance should be 500 – 750mm (about an arm's length away)
 - 2) Screen height should be no more than eye height. Adjust height of screen or use monitor riser.
 - 3) Screen viewing angle should be between 0 – 30 degrees to minimise neck bend (natural viewing).
 - 4) Screen should be tilted between 10 – 20 degrees forwards.
 - 5) Screen should be directly in front of you (draw a line through the middle of the screen, keyboard and yourself).
 - 6) Arms should be by the sides of the body and forearm parallel to the floor. Arm angle can be 90 degrees.
 - 7) Desk height allows sitting comfortably with arms at 90 degrees or slightly down to the desk.
 - 8) Wrist should be straight (i.e. not constantly bent) and supported by wrist rests or desk.
 - 9) Keep mouse parallel to keyboard, on same level, within 10 - 15 cms from desk edge and directly and symmetrically in front of the seated position.
 - 10) If adjustable, mark or program correct desk height for sitting and standing postures.
 - 11) Desk height needs to allow knee clearance when sitting.
 - 12) Feet need to be flat on the floor or on an adjusted footrest.
 - 13) Chair castors or glides need to be appropriate for floor surface to prevent chair slipping away.
 - 14) Allow 2 - 3 finger width between back of knee and front edge of seat to support hips and legs.
 - 15) Seating posture should be 90 degree bends at torso and legs.
 - 16) Chair back rest must be adjusted correctly to provide lumbar support for the lower back.
 - 17) Chair backrest to be upright or slightly leaning backwards (no more than 110 degrees).
- Lighting should be adequate and comfortable. Glare and reflections should be controlled (i.e. blinds)



For more information

<https://www.heartfoundation.org.au/> - Heart Foundation and refer to Active living

<http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines> -

Australian Government Physical Activity and Sedentary Behaviour Guidelines

<https://www.worksafe.qld.gov.au/safety-and-prevention/hazards/hazardous-manual-tasks/working-with-computers/setting-up-your-workstation> - Setting up your workstation WorkSafe Queensland