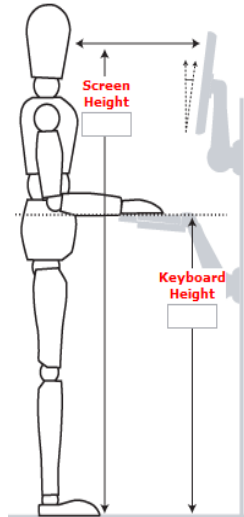
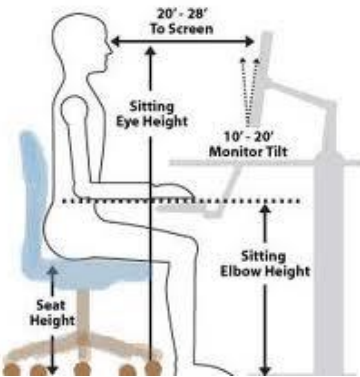


## Do I SIT or STAND?

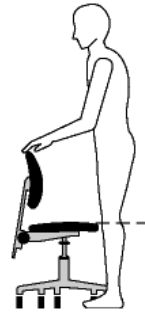
The British Journal of Sports Medicine 2015 position statement advised standing a minimum of 2 hours and a maximum of 4 hours during an 8 hour work day.



Stuart and Biddle 2016

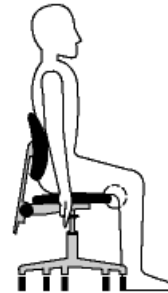


## How Do I Adjust A Chair for my Height?



1

Stand in front of the chair. Adjust the height so the highest point of the seat, (when in the horizontal position), is just below the knee cap.



2

Sit on the chair and keep your feet flat on the floor. Check that the clearance between the front edge of the seat and the lower part of the legs (your calves) fits a clenched fist (about 5cm or 2 inches)

### Important Chair Features:

- Your chair should be the correct size for your body. The seat pan should comfortably fit your hip width.
- The depth of the seat pan should support your thighs.

- The seat pan should allow 0-4° of tilt.
- The backrest should be height adjustable to accommodate the length of the users trunk and allow space for the buttocks.
- There should be a firm lumbar support
- Arm rests should be height and width adjustable.
- Castors (5) appropriate for the type of floor surface



3

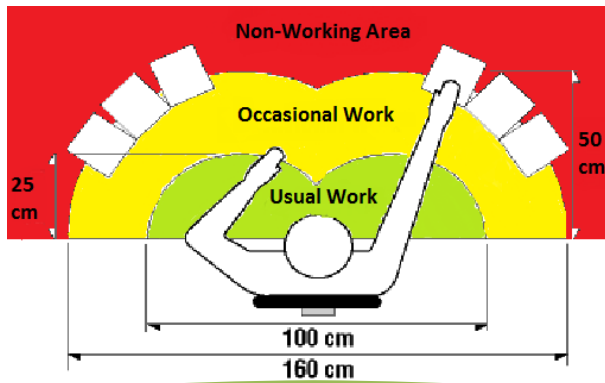
Adjust the backrest forwards and backwards as well as up and down so that it fits the hollow of your lower back. Sit upright with your arms hanging loosely by your sides. Bend your elbows to about 90° and adjust the arm rests height until they barely touch the undersides of the elbows.



4

Tilt the seat itself forwards or backwards if you prefer.

## Workstation Setup



## Stay in the GREEN ZONE

### FREQUENTLY USED

- adjust your workspace so items such as a keyboard, mouse & phone are within reach

### OCCASIONALLY USED

- Place items such as staplers, note pads, etc. within arms reach

### RARELY USED

- Items you rarely touch should be beyond arms reach on your desk top

### KEY POINTS

- ❖ Items in use frequently will be reached by rotating the forearm with the upper arm **tight** to your body
- ❖ Ideally, change position every 30-60 mins.

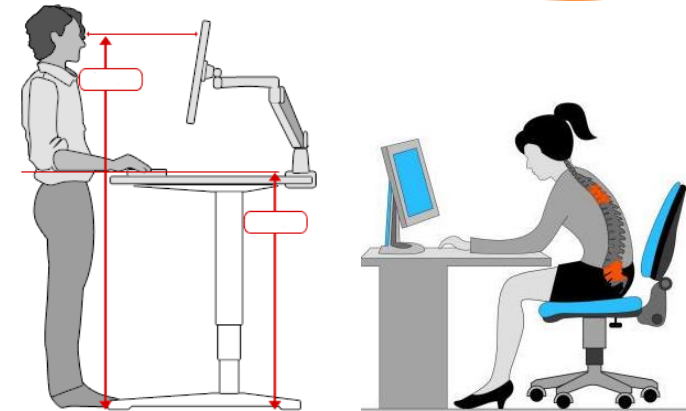


**Address:** 1109 Dundas Street East,  
Toronto, ON M4M 1R9, Canada  
**Phone:** 647.479.2537  
**Email:** [hello@yourcoreworks.com](mailto:hello@yourcoreworks.com)  
**Website:** <http://www.yourcoreworks.com/>

*Karen Seymour PT, MSc*

Designed By: Peter Stangolis R.Kin, BSc

## Make Your Desk Work For You



## Chronic Diseases Associated with Sedentary Behaviour:

- Obesity
- Diabetes
- Heart Disease
- Cancer
- Musculoskeletal issues

*American Journal of Epidemiology*

## Ideas to minimize the negative effects of prolonged sitting:

- Alternate sitting with standing
- Personalize your workstation setup for your body structure
- Change positions frequently