

# Height-Adjustable Tables

WORKPLACE WELLNESS



## CHANGE POSTURES FREQUENTLY

The goal of height-adjustable tables is to increase movement and posture variations. Users should alternate sitting and standing several times during the day. For example, standing in the morning and sitting in the afternoon is not optimal usage. A worthy goal is to stand for 15 minutes for every hour of sitting.



## DON'T BE AFRAID TO SIT

Height-adjustable tables are not intended to be used to support all-day standing positions. Too much standing may result in fatigue, awkward postures, and stress on legs and feet. Make sure you sit in a supportive, ergonomic chair when working from a seated position.



## PROPER HEIGHT IS CRUCIAL

The height-adjustable table should be positioned at a height that promotes healthy postures, regardless of whether you're standing or sitting. Shoulders should be relaxed, wrists straight, and feet stable on the ground. Slouching or leaning means it's time to change your posture.



## START SLOW

Much like starting a new exercise program, your muscles will need time to adjust to standing work. Gradually increase the amount of time you're standing until you find a balance that works for you and your workday.



## FOOTWEAR MATTERS

It's important to consider footwear when standing. High heels or other unsupportive shoes are not ideal for long standing durations.

For more ergonomic information, please visit [allsteeloffice.com/ergonomics](https://allsteeloffice.com/ergonomics)

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