

Sit-Stand Workstations

The advantage to a sit-stand workstation is added flexibility. This added flexibility can help with reducing stress related to sitting for extended amounts of time, and increasing circulation.

Q: Can I add a sit-stand workstation to my existing desk?

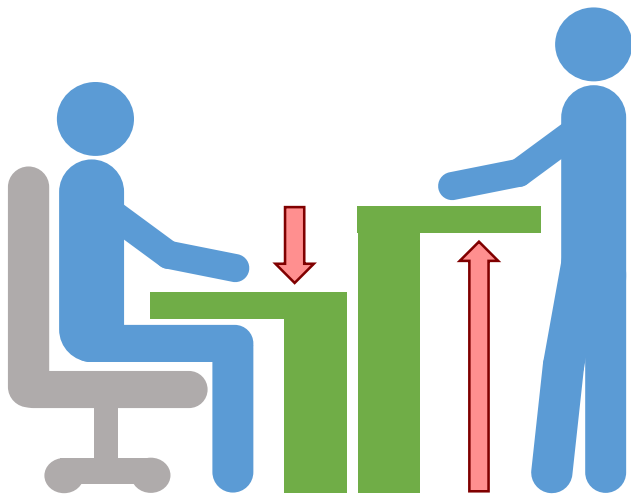
A: Yes. There are a lot of choices on the market for desktop models. Advantages to these are lower cost and ease of installation. There are also stand-alone units available.

Q: Who pays for the workstation?

A: In most cases, your department will pay for the workstation and any installation costs.

Q: I have two computer monitors. Are there options for that?

A: Yes, there are even options for laptops.



Quick Take

- Sit-stand workstations can relieve stress and discomfort.
- Request an evaluation to determine if a sit-stand is correct for your needs.
- Contact [EHRHS](#) for an ergonomic assessment.

Q: What features should I look for in a sit-stand workstation?

A: Ease of adjustment (manual or automatic height adjustment), cord management, CPU cradle (to raise/lower the CPU with the desktop).

Q: Does EHRHS have a list of sit-stand workstations that they can recommend?

A: Yes, but first you should contact [EHRHS](#) to schedule an ergonomic assessment. EHRHS will determine what ergonomic accessories, if any, are needed.