

Overview

Office workstations in which the user can alternately sit or stand at the computer were introduced to address the adverse effect of prolonged sitting. To date, there is no common recommendation for time spent sitting or standing.

This naturalistic pilot study observed 11 employees from a large government agency using electronic sit-stand desks. Computer usage (n=11) and work productivity (n=3) were collected over four 8-hour workdays. Each day a different sit-stand regimen of sit time : stand time was applied at the ratios of 1:1, 2:1, 3:1 and 7:1.

A monitoring program was installed on participants' computers to track computer usage such as time using, keystrokes, and word count. Productivity was measured for call-center participants in terms of calls per hour, call duration, and time to finish a typed report.

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Research for Safe Work

The SHARP Program at the Washington State Department of Labor & Industries partners with business and labor to develop sensible, effective solutions to identify and eliminate industry-wide hazards. Learn more at www.Lni.wa.gov/SHARP.

Sit-stand office workstations

The effect of sit-stand schedules on office work productivity: A pilot study

Work, 2019

Jia-Hua Lin and Stephen Bao

Key Findings

- The four sit-stand ratios of 1:1, 2:1, 3:1 and 7:1 had no statistically significant effect on any of the daily computer usage metrics that were measured.
 - While not statistically significant, the average time using computer, keystrokes, word count and keyboard errors were the least when the standing time was the most (1:1 ratio).
- No obvious relationship could be discerned between standing time and productivity measures among the three call-center participants.
 - One noted trend was that the longest sitting duration was associated with the longest average time to finish a report.

Impact

This pilot study indicates that the amount of standing time during a workday does not adversely affect computer usage or productivity. Employers providing, or safety and health specialists prescribing, sit-stand desks should not worry about possible negative performance or productivity effects due to standing.

Find the article here:

<https://content.iospress.com/articles/work/wor193017>

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