

Sit vs Stand



Date: April 4, 2018

Time: 9 ' 10am PT + 15 minute Q&A

Speaker: Rachel Mitchell

Slides: [Click Here](#)

Office Ergonomics: To sit or to stand at work'That is the question!

First we were told that sitting is bad for our health, now we are being told standing is bad for our health, leaving most of us unsure of what to do. This session will answer your questions about sit stand stations; including when they should be used.

- Current trends and research related to the health impact of choosing to either sit or stand at work.
- Making educated decisions related to the current trend of purchasing a sit/stand workstation.
- Benefits and hazards associated with both prolonged standing and sitting.
- When to switch from a traditional seated workstation to a sit/stand or standing workstation.
- Sit/stand products currently on the market, including their benefits and shortfalls.
- How to select the best type of workstation to fit an employees needs – what to watch for to ensure the proper

station is selected.

About The Presenter: Rachel Mitchell, M.Sc. Human Factors, R. Kin, CCPE (Canadian Certified Professional Ergonomist), Manager of Ergonomic Services, ERGO Inc.

Rachel Mitchell is the Managing Ergonomist with ERGO Inc. She is a Canadian Certified Professional Ergonomist and a Registered Kinesiologist with over 15 years of ergonomic experience. She holds a Masters of Science in Human Factors Engineering from Nottingham University.

Rachel has provided ergonomic expertise to a wide range of industries including manufacturing, warehousing, healthcare, aerospace and corporate office settings. Her practical ergonomic experience includes completing detailed ergonomic analyses, job demands analyses and office ergonomic assessments, delivering office and industrial ergonomic training workshops and assisting employers with ergonomic program development