



102 Barton Drive ■ Sudbury, MA 01776 ■ 978-808-7688 t ■ 978-443-7194 f
TSnyder@PSAergonomics.com ■ www.PSAergonomics.com

August 2009 PSA Ergo Tip: Strategies for jobs that require lots of standing.



Standing for long periods of time can cause discomfort. According to Alan Hedge at Cornell University, there is a natural tendency to sway when you are standing in one place for too long. People stop themselves from swaying by leaning on whatever is available nearby. This can sometimes cause them to stand in an awkward posture, or lean on a sharp surface edge, causing discomfort.

If your job involves prolonged standing, you can:

- a. Add a box, footrest, or foot rail, so that you can vary your posture by raising your leg.
- b. Try a high stool or a sit/stand chair that you can lean on.
- c. Nurses and medical technicians who are on their feet most of the day should use height-adjustable computers, or workstations on wheels, that will allow them to sit some of the time.
- d. Workers who need to bend forward to perform job tasks, such as lab technicians who work under isolation hoods, or dentists who need to lean forward to perform procedures, can use chairs specially designed for these job tasks. These chairs have seats that are straddled by the user, and also have built in torso support in the front of the chair.
- e. Add an anti fatigue mat. While cushioning workers from a hard floor, an anti fatigue mat also encourages some postural variation.
- f. Comfortable, flat shoes with good shoe soles and proper foot support are also beneficial.