



## Sit-to-Stand Desks: One Size Does NOT Fit All!

There are many sit-to-stand desks that easily help you go from a seated position to a standing position throughout the day.

With all the different sit-to-stand solutions on the market, how do you know which one is right for you?

Before making the investment review the following:

## Workstation and Space

Depending on your current workstation setup, the sit-to-stand desk you choose will need to accommodate equipment and space.

- The depth and width of the desk
- Desk and keyboarding height
- Interference with upper cabinets or nearby shelving
- Number of monitors
- Weight of each monitor

## Work Style

How do you work? Would it be beneficial for you to move the workstation left, right, up or down? A sit-to-stand desk with an arm that swivels is most beneficial for those:

- Sharing information with others
- Hosting meetings or group projects
- Needing desk space

## Height Accommodations

If more than one person will be using the sit-to-stand desk, consider the height measurements of each individual.

Individuals over six feet tall need extensions on the monitors to raise them to eye level. Extensions are available on select models.

Petite individuals may need a keyboard tray or a sit-to-stand desk with the option of a suspended keyboard tray that lowers below the desktop.

## Type of Adjustment

Adjusting the desk from sitting to standing position will be something you do frequently. Choose an adjustment mechanism that's right for your physical strength and your budget:

**Electric** - Operable with the push of a button.

**Manual lift** - Lift using physical strength.

## Types of Sit-to-Stand Workstations

- **Desktop**--Individual desks, either grommeted, clamped, or mounted directly on top of the desk
- **Mobile**--Perfect for moving around a department or group of people
- **Laptop**--Efficient for laptops or tablet technology
- **Adjustable Tables**—The entire table can be adjusted, providing more desk space

## Budget

The University of Missouri has contract pricing with a variety of vendors, locally and statewide. See the furniture [Contract Agreements](#).

Keeping in mind the variables listed above, pricing will range between \$400 to \$700 per desk.

## Building your own Standing Desk

Choosing to build your own standing desk is a possibility. Sometimes it is difficult to find a sit-to-stand desk based upon your budget, the number of monitors you use, or your desk setup.

The ACT Center provides [Standing Posture Guidelines](#) to avoid pain or injury. Please also keep in mind when building your own workstation, the safety of you and your equipment is a VERY important factor.

## Anti-Fatigue Mats

Anti-fatigue mats are strongly recommended for use while standing. Standing on hard surfaces for long periods of time can cause lower body fatigue as well as other long-term health concerns. Anti-fatigue mats range from \$30 to \$50.



[Humanscale's Quickstand](#) offers a sleek design, is easy to use and can accommodate persons up to 6 ft. 6 in. with an extension for either single or dual monitor. The extension is an additional purchase.



The [Varidesk](#) is easy to set up (no tools necessary), easy to use, and offers a variety of models depending on your desk space. Does not clamp or grommet to the desk.

If you require ergonomic equipment because of a disability, your supervisor should contact your human resources professional or the ADA Compliance Manager to begin the reasonable accommodation process. Contact the ADA Compliance Manager at 573-884-7278 or [cheeka@missouri.edu](mailto:cheeka@missouri.edu).



The [Ergotron Workfit-A](#) swivels left or right, can be pushed backwards to create more desk space, and has a suspended keyboard tray to provide a comfortable height when keyboarding.

The [Ergotron Workfit –S Dual Monitor with Worksurface](#) offers a suspended keyboard tray for a comfortable keyboarding height, the option of extending the monitors higher for tall users and a worksurface\* for added desk space.

\*Depending on model purchased, the worksurface may need to be purchased separately.

