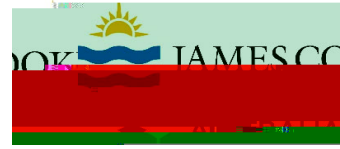# Sit to Stand Workstation Information Guideline

WHS PRO GUI 007d

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Hazards and Controls

Use of a Sit to Stand Workstation brings with it a number of hazards that should be considered, and the necessary control measures implemented. Should an employee feel at risk when using a Sit to Stand Workstation they should immediately cease and advise their manager.

Hazard	Control Measure
Poor standing posture leading to increased musculoskeletal discomfort.	The employee is responsible for being aware of their posture and should endeavour to stand tall with shoulders back, chest lifted, and weight evenly distributed between both lower limbs.

Prolonged standing position leadi6gt)Tuc 161479 TD7-.003Tc-.0002nusmm9km3 st6m)cmrmd std stPoor mPoor NeNemld T2Tm6003T9-.00021.3arn

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