



Ergonomic Work From Home Best Practices.

Based on research studies it has been recommended: 20 minutes sitting (in a good posture), 8 minutes standing (for sit-stand workstations) and 2 minutes of standing and moving (gentle stretching, walking etc.) as a ballpark goal for organizing work.

This sit-stand-stretch cycle is shown in the following simple diagram below. Following this movement pattern throughout the day should keep employees comfortable, healthy, and productive.

