

Workstation Ergonomics and the Oristand Cardboard Stand

The BC Public Service Agency (BCPSA) is committed to evidence-based health and safety strategies. Currently, employees of the BC Public Service have several tools to help set up their workstations using ergonomics principles. Resources include an online tool, ergonomic assessors in their workplace and workplace health and safety specialists.

Using repetitive movements or holding fixed and awkward postures puts you at the risk of musculoskeletal injuries. That's why current ergonomic principles highlight the benefits of neutral positions for sitting and standing. Neutral postures include:

- Joint angles between of 90 - 110° at ankles, knees, hips, shoulders and elbows
- Eye level is within the top one-third of the computer screen
- Monitor is approximately one arms-length away from user

Recent studies have emerged with evidence that sedentary behaviours including sitting are negatively associated with health outcomes. Breaking up sitting time at work may decrease the risk of worker discomfort and long term health issues. Sit-stand desks offer a possible tool to reduce sedentary time spent in the workplace. Oristand is a recent product developed as an affordable option for a standing workstation. The creators of Oristand claim the desk is simple to assemble, can accommodate a wide range of devices and is affordable as it is made entirely out of industrial-grade cardboard.

The BCPSA Workplace Health & Safety team reviewed the item and completed trials with employees ranging from 5'2 to 6'4 in height. They found that:

- The Oristand cannot be adjusted to appropriate heights to achieve neutral postures for all individuals
- The size of Oristand is not compatible with government standard equipment or for switching between computer work and other tasks such as writing or reading documents
- In order to switch from sitting to standing, all computer items will have to be moved on and off Oristand, which could increase the risk of injury or damage to equipment
- Further equipment (such as monitor riser, compact keyboard and laptop) is needed to ensure ergonomic principles of neutral positioning are achieved

At this time, Oristand is not recommended as an ergonomic tool for the workplace due to its limitations. An exception may be made in limited cases for use as a temporary return to work tool depending on the height of the individual and the equipment available. If you have any questions about the Oristand or need help with workplace health and safety, [contact AskMyHR](#).



Other resources

Grunseit, A. C., Chau, J. Y., Ploeg, H. P., & Bauman, A. (2013). "Thinking on your feet": A qualitative evaluation of sit-stand desks in an Australian workplace. *BMC Public Health, 13*(1), 365. doi:10.1186/1471-2458-13-365

Karakolis, T., & Callaghan, J. P. (2014). The impact of sit-stand office workstations on worker discomfort and productivity: A review. *Applied Ergonomics, 45*(3), 799-806. doi:10.1016/j.apergo.2013.10.001

Canada, Worksafe BC, Richmond. (n.d.). *How to Make Your Workstation Fit You*. Retrieved from http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/comptr_wrkstn.pdf



Where ideas work

