



Standing Ergonomics

Checklist

Checklist Elements	Yes	No
Standing Position		
Is weight equally distributed between feet?		
Are shoulders relaxed and back?		
Are hips in the neutral position and not pushed forward?		
Are knees relaxed?		
Nice line down from ears to shoulder to hips?		
Workstation Height		
Is the workstation adjustable?		
Proper elbow height for the task?		
- Light work: 5-10 cm below elbow height		
• Ex. Folding laundry, cutting etc.		
- Heavy work: 20-40 cm below elbow height		
• Ex. Washing pots, any work that has demanding downward forces		
Work Area		
Is the worker facing the work being completed?		
Is the work kept close to the body?		
Is the worker able to work with elbows close to their body?		
Workstation Design		
Is there a footrail or footstool available?		
Is there the seated option for the worker?		
Is there adequate rest/movement for the worker to change positions?		

