



Standing Desk

A standing desk is sometimes suggested for students with physical limitations impacting sitting tolerance or to help promote attention and engagement. Some classrooms offer standing desk options to be open to all students; in other instances, a standing desk is assigned to a specific student.

These tips for ergonomic set-up of standing desks may not be easy to put in place for stations that rotate between multiple students but are good to keep in mind for general set up.

- Some tables have a high/low functionality but are rarely available and not necessary in most cases. If you can find a stationary desk/ table that generally meets the height needs, you can add a solid, wide box or bin to raise the working height for students as needed.
- Consider having more than one station for shorter/ taller students.
- Surface height should be approximately elbow height (when holding arm straight down against body).
- A footstool can be placed under the desk for the student to alter standing position (e.g. one foot placed on the footstool at a time).
- Table top easels (or a large binder turned sideways) can be helpful for raising work from a flat surface.
- If using a computer for long periods of time – ideally the keyboard and monitor are separate to maximize ergonomics and reduce neck strain.
 - Keyboard at elbow height
 - Top of monitor at eye level
 - Laptop holders can be used with laptops to elevate the keyboard to promote wrist extension and place the monitor higher to reduce neck strain (see photo)
- Some students like to rest partially on a tall stool to alter their position (see photo).



You can find more detailed ergonomic suggestions here:

https://umanitoba.ca/admin/vp_admin/risk_management/ehso/media/Ergonomic_checklist_adjusting_your_workstation.pdf