

**Workstation Selection Characteristics for
Sitting, Standing, and Sit/Stand Workstations**

WORKSTATION CHARACTERISTIC	CONDITION		
	Sitting	Standing	Sit/Stand
Lateral Movement	Within seated workspace	Frequent movement	Occasional movement
Task Duration	> 5 min.	Intermittent	No preference
Handling Heights	< 6" above surface	> 6" above surface	> 6" above surface
Weight Handled	< 10 lbs	> 10 lbs	No preference
Required Reaches	Within the Normal Reach Zone	Forward reaches of more than 12 to 15", or frequent reaches below seat pan of the chair/stool	Forward reaches of 12 to 15" or greater
Forces Exerted	< 10 lbs	Downward forces of > 10lb	No preference
Clearance	Seated clearances for legs and feet are met	Knee clearance < 18" or foot clearance < 24"	Inadequate knee room for sitting
Visual Attention	Fine manipulation	Fine manipulation is not required	Fine manipulation is not required
Use of Feet	Foot pedals are used	No foot pedals are used	No foot pedals are used