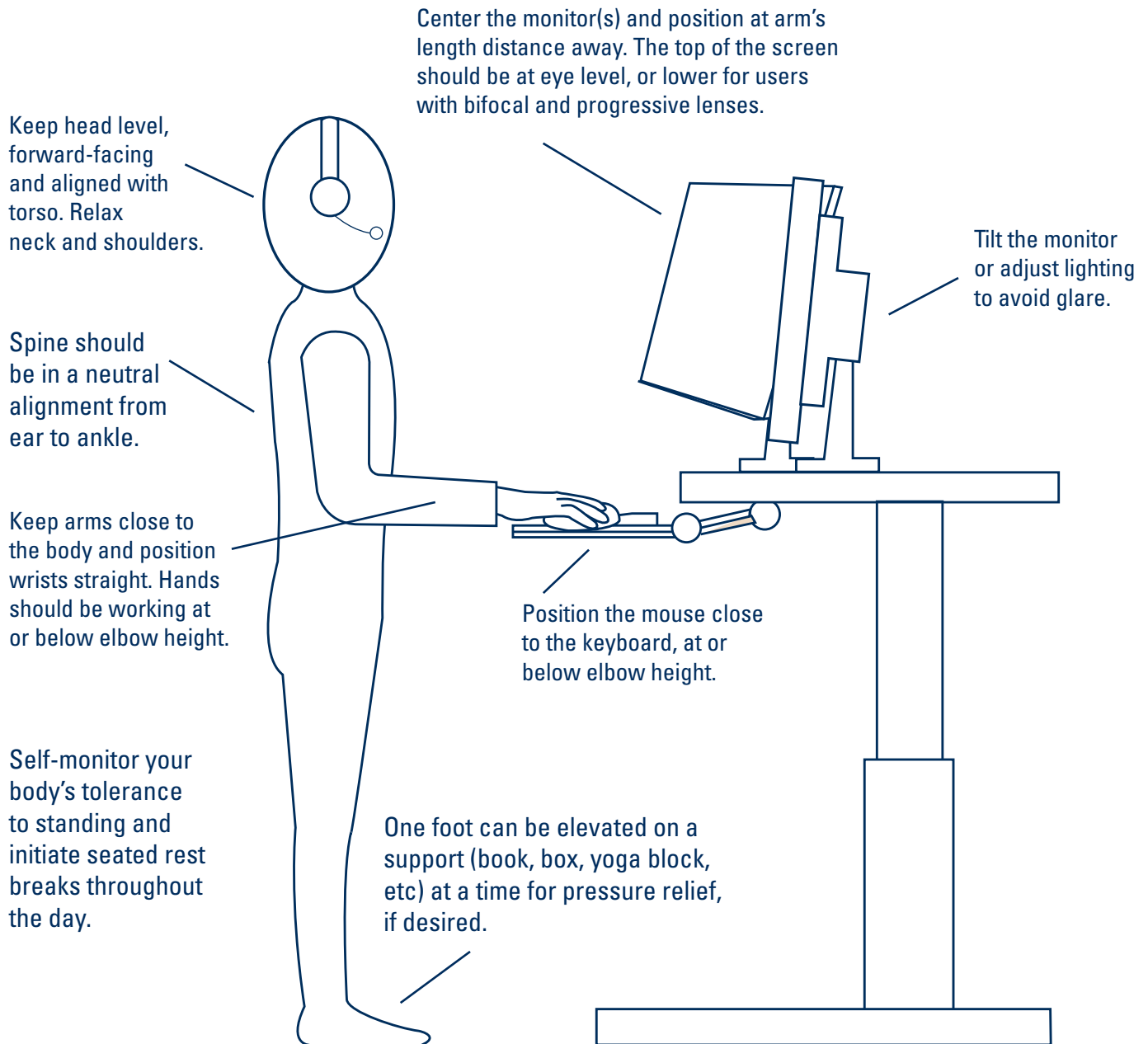


## Ergonomic Tips for Standing Workstations



**Keep moving throughout the day and avoid sustained standing for prolonged time periods.**

[mhealthy.umich.edu/ergo](https://mhealthy.umich.edu/ergo)