



TAKING A STAND

INTRODUCING SIT-TO-STAND WORKSTATIONS

THERE ARE MANY BENEFITS TO SITTING LESS AND MOVING MORE, INCLUDING REDUCED RISK OF CHRONIC DISEASES, IMPROVED WEIGHT MANAGEMENT AND REDUCED RISK OF MUSCULOSKELETAL DISORDERS.

But not all of our 8,000+ employees are active in their roles



SO WE DECIDED TO DO SOMETHING ABOUT IT

WE FIRST

installed a single sit-to-stand workstation – which generated so much interest that it led to a larger trial. We provided workstations to employees in sedentary roles, and assessed what difference they made.



AFTER
TWELVE
WEEKS
AVERAGE SITTING TIME
ALMOST HALVED

FROM 91% TO
54%

ONE
YEAR
LATER



AVERAGE SITTING TIME WAS MAINTAINED AT 54%



95% OF PARTICIPANTS CHOSE TO RETAIN THEIR WORKSTATIONS



99% SAID THEY WOULD RECOMMEND A SIT-TO-STAND WORKSTATION TO COLLEAGUES

THEN

Our primary goal was to improve health and wellbeing – but it turns out there were other benefits too. Participants reported:



68%

IMPROVED HEALTH AND WELLBEING



46%

GREATER CONCENTRATION OR FOCUS



44%

GREATER PRODUCTIVITY



44%

REDUCED PAIN AND DISCOMFORT



42%

REDUCED FATIGUE

THOSE WHO STOOD MORE BENEFITED MORE

THE EVOLUTION CONTINUES



THERE ARE NOW MORE THAN 750 SIT-TO-STAND WORKSTATIONS ACROSS ALFRED HEALTH

INTEREST IN THE WORKSTATIONS CONTINUES TO GROW

WE'LL CONTINUE TO MODIFY EXISTING SPACES AND INCORPORATE SIT-TO-STAND ENVIRONMENTS IN NEW SPACES

WHAT IT MEANS FOR ALFRED HEALTH

'I COULD GIVE YOU 101 REASONS WHY I LOVE MY SIT-TO-STAND WORKSTATION. MY LOWER BACK IS MUCH BETTER, I FEEL MORE FOCUSED AND MY LEGS FEEL LESS TIRED AND STIFF.'

'I CAN'T IMAGINE GOING BACK TO A STANDARD SEATED WORKSTATION!'

FAST FACTS



WE HAVE HEALTHIER EMPLOYEES
People are sitting less and moving more



WE'RE DIRECTLY INFLUENCING PUBLIC HEALTH
The equipment and culture are in place for continued behaviour change and improved employee health and wellbeing



WE'RE LEADING BY EXAMPLE
We're encouraging an environment in which standing is becoming a more normal part of how we work

- Australian research has found that the average office-based employee is sedentary for 75% of their work hours
- Even adults who exercise regularly can sit for long periods during the day, and therefore still need to consider the benefits of standing at work