**Nonprofit Safety Hero**

# Ergonomics Highlight Reel: Working Standing Up

Our bodies are the safest and most efficient when they are in a neutral position. What does a neutral position look like? There are five aspects. Your head is facing forward. Your shoulders are relaxed. Your lower body is supported.

Your wrists are flat and straight, and your feet are supported. Let's assume that Alex is working standing up today. She needs to scoop pasta out of a bulk container and put it into smaller bags. What are some things to watch for as she sets up her work? First, the work needs to be at the correct height.

This is based on her elbow height and the type of light work she's doing. If she was doing precision work, the table should be higher. If she was doing heavy work, it should be lower. Once the table is set up, we need to make sure that her back is straight and she's not leaning or twisting. The same goes for her head and neck.

Her shoulders should be relaxed. Her elbows near her body. Alex's hands need to be straight and in line with her forearms. Make sure her wrists are not pressed against the edge of the table. The bins and bags she's working with should be set close enough that she's not reaching awkwardly. One way to avoid reaching is to make sure there's toe space for her feet.

Setting one foot on a support, or small box, will help her maintain a straight back, and an anti fatigue mat reduces both back and leg fatigue. When you or your colleagues are working standing up, have you taken all of these elements into account? If not, what changes can you make to improve conditions for standing?