



Superior Court of Arizona

Pinal County

Court Human Resources

Sit/Stand Up Workstation Request

Sit/Stand Up Workstation

Sit/Stand up workstations offer users the ability to transition between sitting and standing throughout the workday. Recent studies have shown that the ability to stand throughout the day may improve overall health and wellbeing while sitting for extended periods of time may be detrimental to health. However, improper use of a stand up station may cause new aches and pains. Standing, often in the same place, for hours at a time can place stress on a body. It's not enough to just stand. You have to do it correctly, move around, make adjustments and balance the amount of time you spend standing with time you spend sitting.

Read more: <https://www.osha.gov/SLTC/etools/computerworkstations/positions.html>

Request Process

Sit/Stand Up workstations have become a popular request in the Court. However, there is no one budget assigned to cover this expense.

The following request options have been established to aid those desiring a sit/stand workstation in determining the most appropriate means of acquiring one.

- Employees may purchase a sit/stand workstation with their personal funds. Other employers have had good experiences and recommend the following units:

Single Monitor Units:

<http://www.varidesk.com/standing-desk-pro-plus-36>

<http://www.ergodesktop.com/content/kangaroo-pro>

Dual Monitor Units:

<http://www.thehouseoftrade.com/Standing-Desk-the-DeskRiser-Height-Adjustable-p/standingdesk.htm>

<http://www.lorellfurniture.com/products/?id=1031709920>

<http://www.varidesk.com/cubicle-standing-desk-cube-corner-48>

<https://www.varidesk.com/products/cubicle-standing-desk-cube-plus?o=Size%3a48+inch%3bColor%3aBlack>

<http://www.ergodesktop.com/content/kangaroo-elite>

- Employees may request a sit/stand workstation based on a medical condition/disability that requires accommodation. If an employee has a medical condition that requires accommodation, you need to submit an **accommodation request form** to Court Human Resources and have your doctor complete a **medical form** that should be sent to Court Human Resources. Once both of these forms are complete, they will be reviewed by Court Human Resources.

Other Options

It is important to note that a sit/stand up workstation is not your only option for improved health. Good working positions and taking breaks to get up and move around are also very good options. If you would like to verify that you are using good working positions at your current workstation contact your supervisor to request an ergonomic evaluation.