

Prolonged Standing

Affected Sectors: Retail, Manufacturing, Food Processing, Health Care, Food/Beverage/Accommodation

Hazards

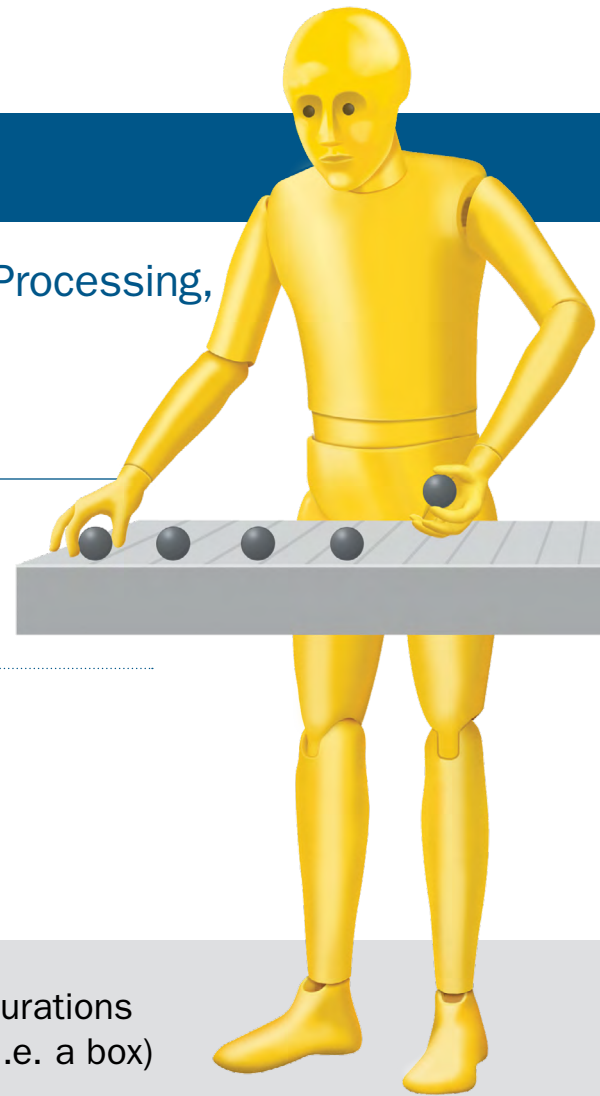
Contributing Factors

Posture

- Being in the same position for extended periods
- Slouching

Duration

- Fatigue, sore feet, swelling of legs



TIP: If you find yourself standing at work for extended durations and cannot sit down, find something to raise one foot (i.e. a box) and alternate legs to reduce fatigue.

Possible Controls

Quick Wins

- Move: Change your position regularly.
- Stretch: Simple stretches can warm up muscle groups and prevent injury.

Long-Term Planning

- Modify the station's work height to ensure it is optimal.
- Install adjustable workstations that allow sitting and standing.