

# Sit-Stand Computing

# WANT:

# 2 out of 3

wish their employers offered desks for sitting & standing

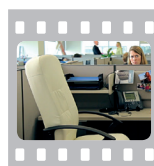


## SURVEY SAYS

From research conducted by Ipsos Public Affairs on behalf of Ergotron 08.10.2010

Full-time employees of large U.S. companies spend **2/3** of their working hours in a sitting position (on average)

See "The Office Breakup" [movies.ergotron.com](http://movies.ergotron.com)



**JUST STAND .ORG**

Join the Uprising!



## BATTLE of the SEXES?



Average time spent each week working in front of a computer or via mobile device

**27 hours**

**23 hours**

Wish they had some type of adjustable workstation available to them

**71%**

**64%**

Have sought medical care due to discomforts caused by their working environment

**27%**

**21%**

For more information about the Ipsos or how the research was conducted visit <http://bit.ly/dcx453>

HOW SEDENTARY ARE FULL-TIME KNOWLEDGE WORKERS (AVERAGE)?



**21 hours/week**

Seated at a desk



**+ 3 hours/week**

Seated in meetings



**+ 4 hours/week**

Seated working at home



**= 28 hours/week**

Seated out of an average 42 hour workweek

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wish that their employer would offer these workstations and feel that they would work more productively

# 10 out of 8