

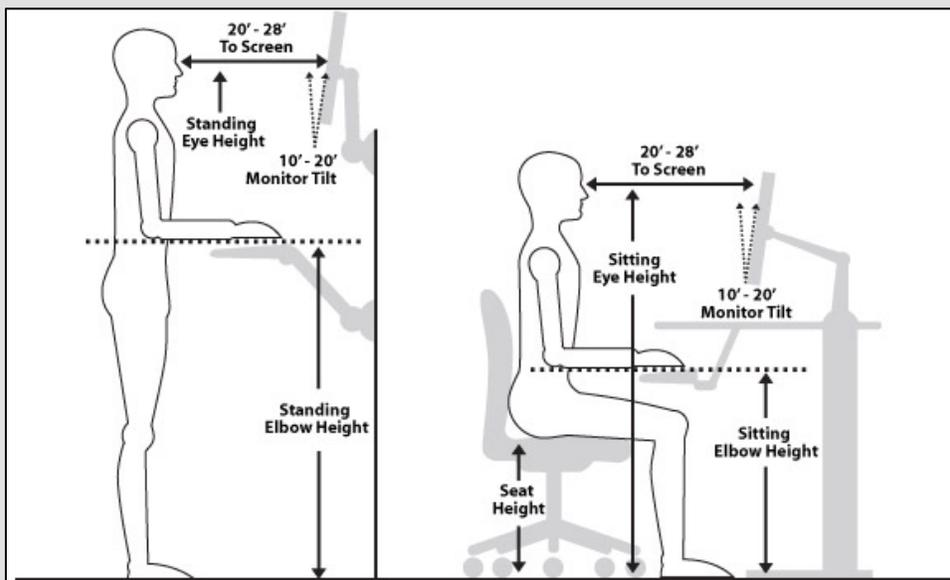
## Make your own stand-up desk

### Background information on stand-up desks

- Stand-up desks have become a popular option to reduce the amount of time people sit throughout their workday
- Note that it's not recommended to either sit *or* stand for a long period of time – the best option is to alternate between the two
  - In fact, it's suggested that you get up and move around for a few minutes every 20-30 minutes throughout your day
  - Even if you're not willing/able to do this, a stand-up desk is good motivation to switch things up periodically throughout the day
- Note that pre-made stand-up desks may be very expensive (\$300+)
  - **Here, we give you some ideas for creating your own (cheaper) stand-up desk**
- This document was prepared Dec. 6, 2015 by Dr. Megan Olson Hunt ([olsonhum@uwgb.edu](mailto:olsonhum@uwgb.edu))
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### Ergonomics of a stand-up (and sitting!) desk

- Online, you can find diagrams about how to correctly set-up either a standing or sitting desk:



<http://www.victoriamaassagetherapy.ca/userfiles/image/Ergonomics.jpg>

### Some resources for making your own stand-up desk

- Again, you can find many ideas online – here are a couple, both of which have been used by UWGB faculty!
- Below I mention an extra monitor, keyboard and mouse
  - CIT here on campus has monitors for sale at reasonable prices. Contact your ADA or CIT to inquire. Prices are given at: <https://uknowit.uwgb.edu/page.php?id=37216>
  - Wireless keyboards and mice (which can often be purchased as a set) are available through Amazon, e.g., at reasonable prices

## Desk #1: Just use/make a small table!

- A table placed on top of your current desk that fits your monitor and keyboard works wonders
  - Also allow extra space (at the front and sides) for books, papers, etc., and also for moving your mouse around
- You can always put the monitor on a few books to raise it to the correct level if needed
- *To be able to quickly transition between standing and sitting*, you can do what's shown here:



<http://lifehacker.com/5929765/make-yourself-a-standing-desk-this-weekend>

- *You'll need:*
  - One hard drive
  - Two monitors
  - One “regular” mouse and keyboard (those that came with your computer)
  - One wireless mouse and keyboard
- *The set-up:*
  - Decide where to put your hard drive (usually easiest to put at sitting desk location, due to the wires)
  - One monitor goes where you'll sit, the other where you'll stand (both hooked up to your one hard drive)
  - Use the “regular” mouse and keyboard at your sitting desk (again, due to wires and needing to plug them into the hard drive)
  - Use wireless mouse and keyboard at your standing desk
  - Change the settings of monitors so that they both display the same thing (IT can help you with that if needed)
  - *To conserve energy and batteries:* When sitting, turn off your standing monitor, keyboard and mouse; when standing, turn off sitting monitor

- Here's a nice "use what you have" option: a crate, books and some wood:



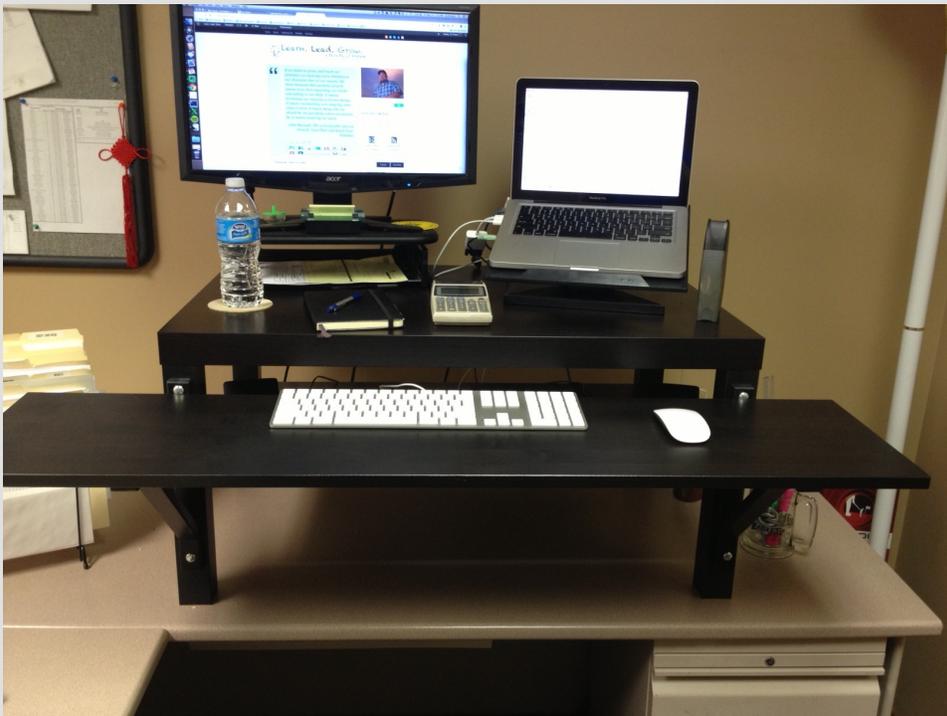
<http://erinwhite.com/wp-content/uploads/2013/03/standing-desk-1.jpg>

## Desk #2: Repurpose Ikea furniture

- Instructions: <http://iamnotaprogrammer.com/Ikea-Standing-desk-for-22-dollars.html>



- This version has a longer keyboard shelf:



<http://elishome.com/wp-content/uploads/2015/09/standing-desk-table-wood-board-monitor-laptop-keyboard.jpg>