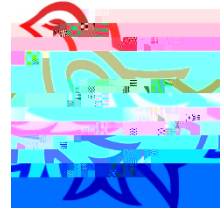


# SIT-STAND DESKS MEDICAL ACCOMMODATION GUIDE FOR EMPLOYEES



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A sit-stand desk is just one way to avoid sitting for long periods at a time and counter the negative impact it has on our bodies. It shouldn't be considered a 'fix all' for obtaining adequate physical movement over the course of the day and should be supplemented with a healthy lifestyle and other strategies for sitting less.

Sit-stand workstations can in some instances aggravate existing injuries/medical conditions or present a risk for new injury. For example lower back, knee and ankle injuries as well as conditions such as arthritis can be aggravated by increased standing. It is important that the implementation of a sit-stand desk is in line with your treating health practitioner's recommendations.



## SIT-STAND DESKS MEDICAL ACCOMMODATION – How it works:

1. Employee submits a Request for Accommodation form to supervisor
2. Supervisor reviews current job duties and set-up – implements workplace modifications
3. If modifications do not work and employee requires further accommodation, WLC provides letter for employee to take to Physician –



## STAYING HEALTHY

The most important thing you can do to protect yourself against illness injury is to take care of your health. UVic encourages all employees to be proactive about their health.

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