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.

The cost of a sit-stand workstation and additional adaptive equipment is the responsibility of the department the employee works in.

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 – returned medical reviewed by WLC, advises supervisor
4. Supervisor drafts simple accommodation – reviewed by WLC
5. If equipment is required and approved for purchase as a result of a medical accommodation, supervisor arranges next steps (i.e. desk order, request of loaner desk (4-6 weeks), FMGT follow-ups). Employee’s department is responsible for all costs. For extraordinary expenses, funding may be available through the Central Accommodation Fund
6. Supervisor arranges annual accommodation review follow-up
7. Supervisor advises WLC if employee leaves department or the university

The Accommodation process is a collaborative process involving departments, unions, and employees at UVic. The program provides a planned approach to returning or remaining at work following an injury or illness, whether occupational or non-occupational.
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. 

onlineacademiccommunity.uvic.ca/wellness/

Employee Assistance Program

UVic staff and faculty and dependents can find support through our employee and family assistance program (EFAP).

EFAP is a confidential program that includes professional counselling, information and referral services. Our EFAP service catalogue includes a number of programs to support you through the challenges of daily life. Topics include:

- Marriage, relationship and family concerns
- Alcohol and drug dependencies
- Career and work related concerns
- Life transitions
- Elder care
- Trauma response
- Financial planning
- Health coaching
- Legal advice

Access EFAP through online resources, e-counselling, telephone counselling, and face-to-face counselling. For access to the online services the username is: healthy. For telephone and in-person counselling - call 1-800-663-9099. uvic.ca/hr/services/home/health/employee-and-family-assistance-program

TIPS FOR SITTING LESS:

- Stand up every 30 minutes – schedule reminders!
- Conduct standing meetings
- Suggest Walking Meetings when appropriate
- Stand up to answer the phone
- Use the printer that is further away
- Walk to a colleague’s desk instead of phoning or emailing
- Stretch at your desk
- Eat healthy and stay active
- Drink more water