



Standing for long periods of time as you work can be made much easier on you with this technique.

Put your foot up onto a stool, a box, or a foot rail, if there is one installed for you to use. But now the important part. Turn yourself about 45 degrees toward the side where the foot is up. Then lean the close side of your body into the work surface. This way, the work surface is holding you up instead of you holding yourself up. Very importantly, don't stand on the same foot all day long. Instead switch your feet on a regular basis. In addition, don't worry if you don't stand at that particular spot for more than a few seconds at a time. That is because those seconds add up and by the end of the day you may have stood at that very spot for an hour or more. Learning to automatically put your foot up as you approach that spot will mean that you have stood at that spot for a total of an hour with your foot up instead. Work smarter instead of harder, try working with a foot up!

STANDING TO WORK