



SIT/STAND WORKSTATION REQUEST

Sit/Stand workstations offer users the ability to transition between sitting and standing throughout the workday. Recent studies have shown that the ability to stand throughout the day may improve overall health. However, standing, for hours at a time can place stress on a body. It is recommended that employees move around, make adjustments and balance the amount of time spent standing versus sitting. While a physician's note is not required, we recommend that all employees discuss the use of a sit/stand workstation with their primary care physician to make sure it is appropriate and does not exacerbate any current medical conditions.

Please complete the employee information below to request a sit/stand station evaluation and submit to wellness@tridentseafoods.com

EMPLOYEE INFORMATION	
Name:	Department:
Supervisor Name:	

FOLLOW UP/ACTION PLAN
To be completed by Ergonomic Team member
Evaluator:
Recommendation:
Estimated Cost:

Employee Signature: _____ Date: _____

Supervisor Signature: _____ Date: _____

Please submit completed form to wellness@tridentseafoods.com

Based on current workstation set up and employee tasks, reasonable accommodation will be made in transitioning to a sit/stand workstation. Trident Seafoods' standards for office furniture will be referenced for accommodating a sit/stand request. Supervisors may request the standards and pricing from Tom Duffin (tduffin@tridentseafoods.com).