

# Central Safety Group Meeting

September 2018



## Sit-stand desks – what's the verdict?

Book Now

**What: Sit to stand desks – what's the verdict?**

**Who: Professor David Caple**

**Details:** Many organisations have invested in sit-stand desks in response to experts' claims about the benefits, ranging from reducing the risk of cardiovascular disease and diabetes to solving back pain.

Professor David Caple will discuss the latest knowledge on the effectiveness of sit-stand desks and issues surrounding their use on 11 September in a lunchtime talk to the Central Safety Group.

David is presenting two papers on this topic at the International Ergonomics Association Congress in Florence, Italy in August. He will be part of a group of 16 presenters from around the world sharing the latest research relating to sit to stand desks.

There can be confusion about how much to use these desks while working, and whether a certain duration or pattern of standing should be prescribed. "In some places they are using them very well, but in other places employees and their managers are unclear about how to benefit from them. As a result, you'll sometimes find people feeling guilty for not using them," says David. "A lot of factors can affect how successful these desks are in the workplace. This includes things like the change management process, job design, employee education and work culture."

[Meeting Details](#)

## When & Where Bookings



**When:** 12 noon-1pm, Tuesday 11th September 2018

**Where:** Level 1, 333 Queen Street Melbourne (AMS Consulting Group)

**Cost:** Attendance: members free, non-members \$10  
Lunch (optional): sandwich and juice lunch \$15  
[Individual membership fee for 2018: \$70]

**Please book** and indicate whether you are having lunch:

Book online at [centralsafetygroup.com](http://centralsafetygroup.com)

or contact CSG Secretary Jane Loudon on T: (03) 9387 9768 Mobile 0417 040 252

or email: [secretary@centralsafetygroup.com](mailto:secretary@centralsafetygroup.com)

*(NOTE: To cover catering costs, the full fee will be charged for those who advised they would be having lunch but did not attend).*

RSVP

**By close of business Friday 7th September 2018**