

Sitting and standing

The Occupational Requirements Survey (ORS) publishes job-related information on physical demands; environmental conditions; education, training, and experience; as well as cognitive and mental requirements. The job requirements reflect those necessary for workers to perform critical tasks in support of the critical job functions, and not the capabilities of individual workers. Sitting and standing are considered part of the physical demands for workers in the U.S.

This factsheet covers the following physical demands: sitting, standing, and the choice to sit or stand. The amount of time spent sitting or standing is provided in the number of hours per workday, as well as the percentage of the workday.

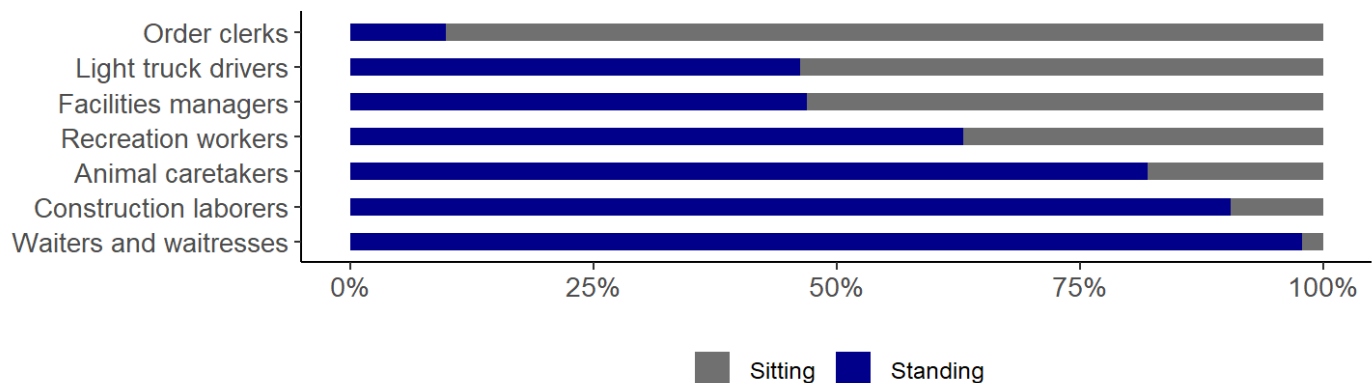
To calculate the amount of time spent working while sitting or standing, workers are assumed to be in either position throughout the workday. That is, the total amount of the workday is equal to the amount of time working while sitting and standing. For example, if workers sit for 4 hours and the workday consists of 10 hours, then the percentage of the workday sitting is 40 percent. If the workday consisted of 8 hours, workers would be sitting for 50 percent of the workday.

Sitting is present when workers either remain in a seated position or are lying down. Sitting includes:

- Active sitting. For example, a police officer riding a bicycle to patrol traffic or a landscaper mowing a residential lawn in a seated mower.
- Active lying down. For example, a mechanic lying on a dolly working underneath a vehicle is considered sitting.
- When workers may choose between sitting and standing, that work time is included in sitting for the hours and percentage of workday estimates.

On average, construction laborers spent 9.5 percent of the workday sitting, while light truck drivers sat for 53.8 percent of the workday.

Chart A. Percentage of the workday required to sit or stand by occupation, 2024



Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

Standing is present when workers are not sitting or lying down. Standing includes:

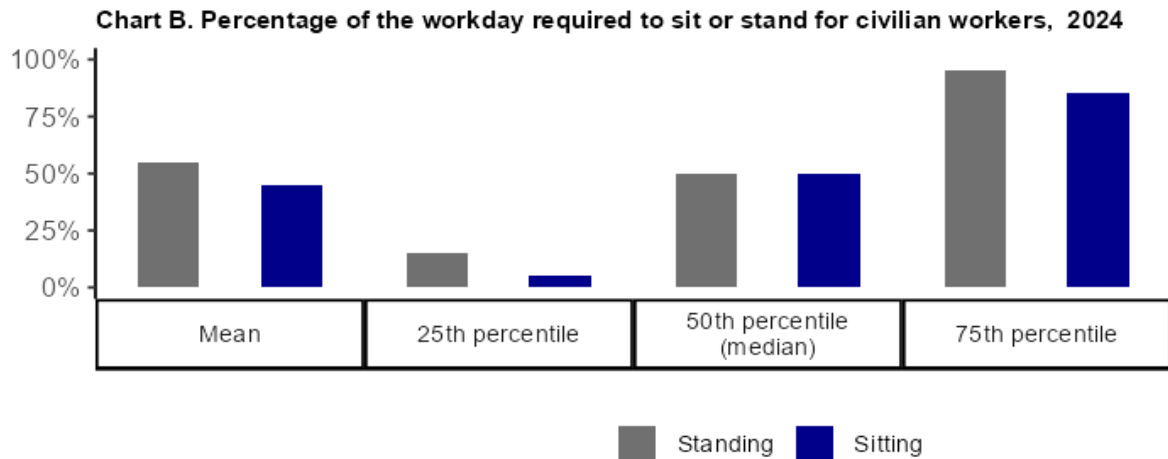
- Walking. For example, tellers walk to escort customers to a safety deposit box.
- Climbing. For example, electricians climb ladders to reach wires placed in ceilings.
- Low postures such as stooping, crawling, kneeling, and crouching. For example, pest control workers crawling in an attic to apply pesticides.
- Workers who stand their entire shift except during paid breaks.

On average, facilities managers spent 46.9 percent of the workday standing, while waiters and waitresses stood for 97.8 percent of the workday.

Duration of sitting and standing

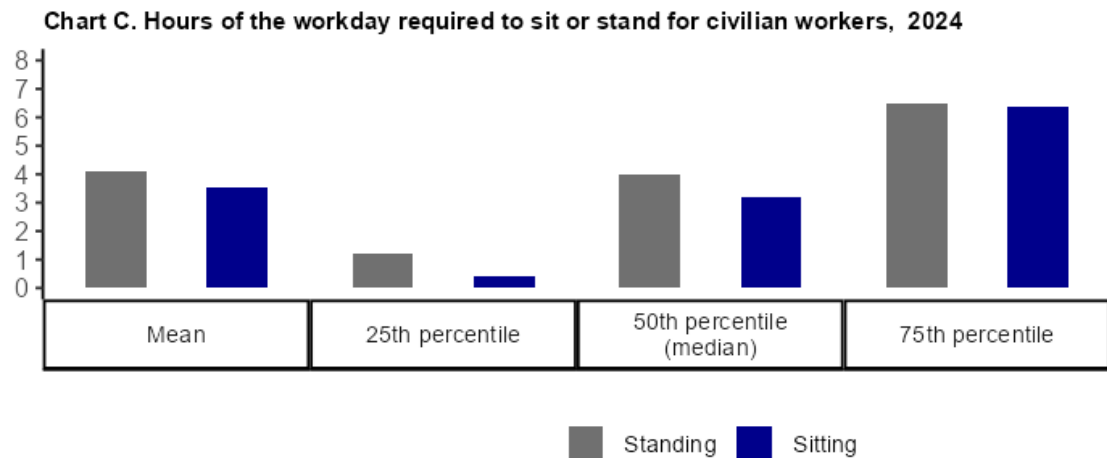
In addition to the average percentage of the workday spent sitting or standing, the ORS also publishes the percentile distribution of the percentage of the workday as well as percentile distribution of hours spent performing these physical requirements.

On average civilian workers spent 45.0 percent of the workday sitting and 55.0 percent standing. Percentile estimates provide a range of requirements among workers. For example, at the 25th percentile, workers were required to sit for 5.0 percent of the workday while at the 75th percentile, workers sat for 85.0 percent of the workday. At the 50th percentile (median), 50 percent of civilian workers spent 50.0 percent or less of the workday sitting and 50 percent of workers spent 50.0 percent or more of the workday sitting.



Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

In 2024, civilian workers spent an average of 3.55 hours sitting and 4.13 hours standing. Time sitting at the 25th percentile was 24 minutes while at the 75th percentile it was 6.40 hours.



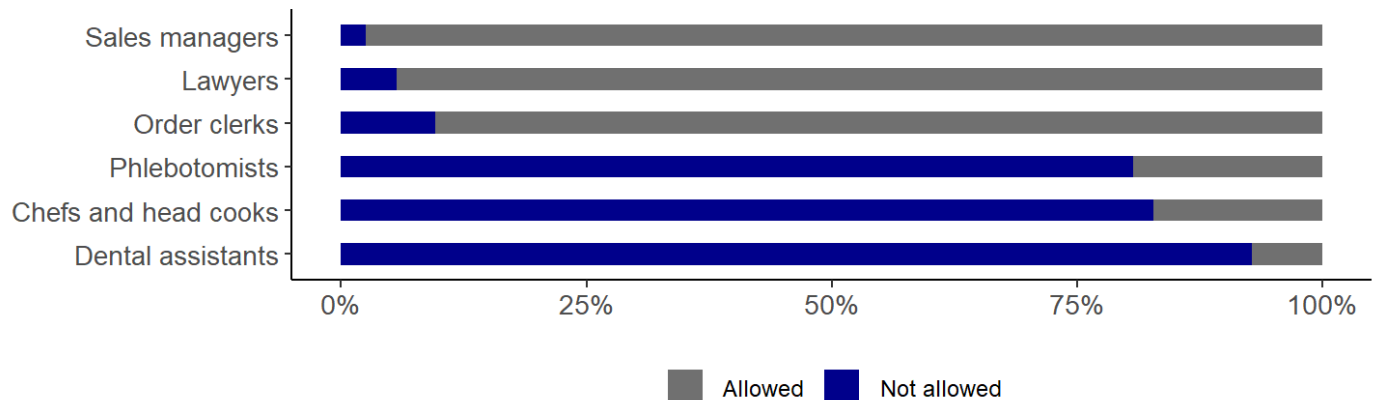
Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

The choice of sitting or standing is present when workers can alternate between sitting and standing. Choice of sitting or standing is present when the following conditions exist:

- Workers typically have the flexibility to choose between sitting and standing throughout the workday.
- There is no assigned time during the day to sit or stand.
- No external factors determine whether an employee must sit or stand.

The choice of sitting or standing was available to 97.5 percent of sales managers while the choice was not available to 92.8 percent of dental assistants.

Chart D. Percentage of workers with choice of sitting or standing, 2024



Source: U.S. Bureau of Labor Statistics, Occupational Requirements Survey

Additional resources:

- [Latest news release](#)
- [Archived ORS news releases](#)
- [Handbook of Methods](#)
- [Collection manuals](#)
- [Factsheets](#)

Articles:

- [All The Economics Daily \(TED\) articles on ORS](#)
- [Minds at work: what's required according to the Occupational Requirements Survey \(PDF\)](#)
- [A look at teachers' job requirements, employer costs, and benefits \(PDF\)](#)
- [Occupational Requirements Survey: Third wave testing report \(PDF\)](#)
- [Occupational Requirements Survey: results from a job observation pilot test](#)
- [The Occupational Requirements Survey: estimates from preproduction testing](#)

For additional information on occupational requirements see the [ORS homepage](#) or download the [ORS complete dataset](#) to explore the latest estimates.