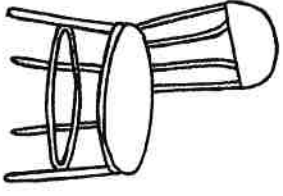


Some of these laws only allowed female workers to sit. Fortunately, many were later amended to be gender-neutral. Unfortunately, several right-to-sit laws have been repealed, and those that remain are rarely enforced.

The right to sit was an important part of the early labor rights movement. By 1932, every state (except Mississippi<sup>n</sup>) had some sort of law requiring seats to be provided for workers.



## The Right to Sit

a zine by Manatee ☀️  
with some help from the  
32-bit café

May 2025

“Muscular and Vascular  
Issues Induced by  
Prolonged Standing...”  
Garcia et al., 2018 Sep.

We can and should do  
better.  
For disabled workers,  
hours of standing  
can make a job  
difficult or impossible.  
Even able-bodied  
workers may suffer  
from vascular and  
musculoskeletal symptoms  
after just 3 hours of  
standing (Garcia et al.,  
2018).

Letting cashiers and  
other workers sit is  
a “curb cut effect”  
that helps everyone...  
and many countries  
are already doing it.  
The UK, France, Japan,  
Germany, and others  
have laws stating  
that if a job can be  
done seated, a seat  
must be provided.

How can you advocate  
for the right to sit?  
You can email companies  
or tag them on social  
media. They want to  
keep up appearances;  
tell them that it looks  
bad to customers like  
you when they force  
their employees to  
stand.

And when they do  
provide seats for  
workers, let them know  
they're doing something  
right.

### Further Reading:

“Right to Sit in the  
United States” — Wikipedia  
“Workers and Labor Unions  
Take a Stand for the  
Right to Sit Down”  
— AP News