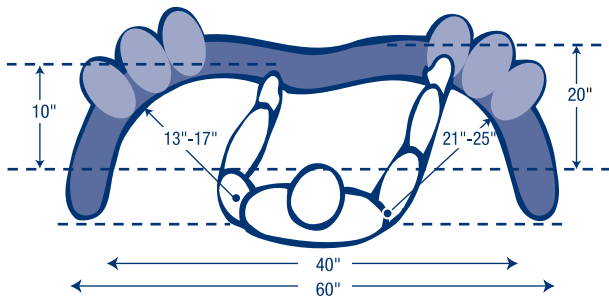


NIOSH Recommended Workstation Measurements

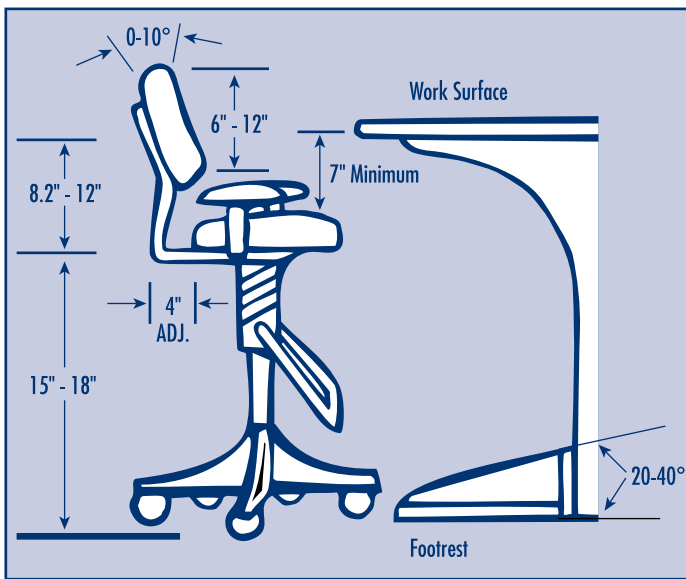
Seated Work

- Primary areas for table top work
- Secondary areas for table top work



Optimal work surface height varies with the type of work performed.

- Precision work = 31-37 inches
- Reading/writing = 28-31 inches
- Typing/light assembly = 21-28 inches



Standing Work

Workbench Heights should be:

- above elbow height for precision work
- just below elbow height for light work
- 4-6 inches below elbow height for heavy work

Standing Work

Shelf heights to which a freestanding person can reach and place a hand flat on a shelf should not exceed 60 inches.

