## Standing Workstation Guidelines

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| Illustration of Standing Workstation Features | |
| F:\standing1.jpg | If the same workbench will be used by a variety of workers, then apply one of these approaches:  Provide a height adjustable workbench.  Design the height of the work surface to accommodate the taller worker and provide platforms for the others to stand on.  Adjust the height of the work on the workbench with a lift or platform.  Work height should be based on resting elbow height and the type of work being performed.  Provide footrests, preferably adjustable, to reduce low back fatigue.  Locate the foot rail 6 inches off the floor.  Minimum foot rail length of 24 inches.  Provide anti-fatigue mats if standing on hard surfaces for long periods of time is required.   * At least ½ inch thick. * Interlocking edges for securely joining adjacent edges. * Beveled edges to eliminate trip hazards, prevent curling, and easy cart access. * Cleanable.   Avoid the use of foot pedals. If necessary, then provide a support stool to avoid over use of one leg for support.  If large forces must be exerted, then design to allow pushing rather than pulling. The standing worker’s arms have more power when pushing.  Even though the standing operator is free to move about, design the workplace to eliminate:   * Strained head positions because of visual requirements. * Stooping and bending. * Twisting of the body. * Excessive reaches.   Provide at least 5 inches for knee clearance, with an additional 6 inches for toe clearance. |