

Seated Workstation Guidelines

- All items required for the work should be located within the Normal Reach Zone (not on the floor).
- Handling of items should be limited to no more than 6 inches above the work surface.
- Large forces should not be required.
- A good chair with a high degree of adjustability should be provided.
- Proper clearance beneath the work surface for legs and toes is necessary.
- Sufficient thigh clearance between the seat pan and the underside of the work surface is required.
- Reaches above shoulder level should be kept to a minimum.
- Padded forearm rests should be provided along the edge of the table.
- Foot rests, preferably adjustable, should be provided.
- Workplace layout should minimize twisting at the waist.
- Seated work height should be based on resting elbow height with relation to the work surface. See Figure.

Illustration of Seated Workstation Features

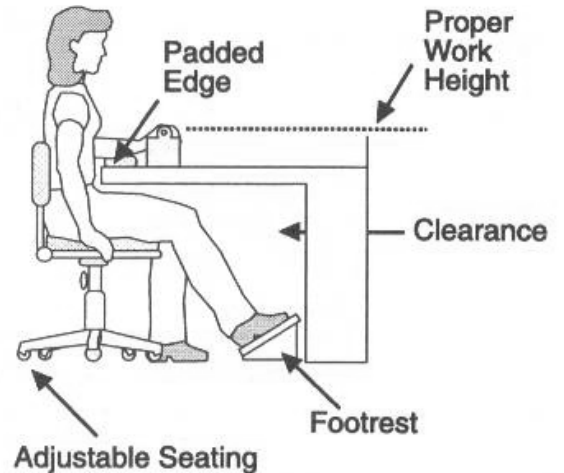


Illustration of Seated Work Surface Heights (Precision Work, Light Assembly, Manual Work)

