

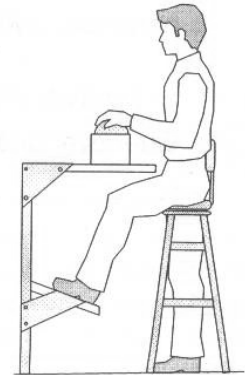
Sit/Stand Workstation Guidelines

Guidelines for sit/stand workstations are similar to those for standing workstations with a few modifications listed below.

Sit/Stand Workstation Adjustability

- Minimum height range from floor to top of work surface or keyboard is 36 to 48".
 - The recommended height for tasks involving large-size products or drawings is 44" above the floor.
 - For tasks that can be done while sitting or standing, the recommended work surface height is 40" above the floor.
- Work surface should be height adjustable in 1" increments or less.
- Height should be easily adjusted by multiple users (powered is preferred over manual operation).
- Adjacent work surfaces should have same range of height adjustability.
- Furniture legs, supports, or posts should not impair movement between these surfaces.
- Computer and work surfaces should be free standing and easily height adjustable by each user.
- Enough clearance should be allowed between adjoining surfaces to avoid pinching fingers during adjustment.
- If computer work surface is not easily height adjustable:
 - Computer monitors should be on articulated monitor arms for easy adjustability.
 - Keyboards should be on adjustable keyboard trays or articulating arms.
- Use height adjustable chair at high workstations when adequate leg room is provided and when task can be performed while either sitting or standing.
- The support stool is designed for use at high workstations with inadequate leg room to support standing or where regular changes in work position are required.

Illustrations of Sit/Stand and Support Stool Workstations



Sit/Stand Stool and Support Stool Criteria

Sit/Stand Stool Criteria

- Extremely stable - five leg base
- Foot support (foot ring and separate foot rest)
- Back support (height and angle)
- Ergonomically designed seat (height and angle)
- Adjustable height range (between 23 to 33")

Support Stool Criteria

- Extremely stable but not bulky
- Tilted seat (5 to 20°)
- Adjustable height range for multiple users (between 19 to 28")