

Standing Workstation Guidelines

If same workbench will be used by a variety of workers, apply one of these approaches:

- Provide a height adjustable workbench.
- Design the height of the work surface to accommodate taller worker and provide platforms for others to stand on.
- Adjust height of work on workbench with a lift or platform.

Work height should be based on resting elbow height and type of work being performed. See Figure below.

Provide footrests, preferably adjustable, to reduce low back fatigue.

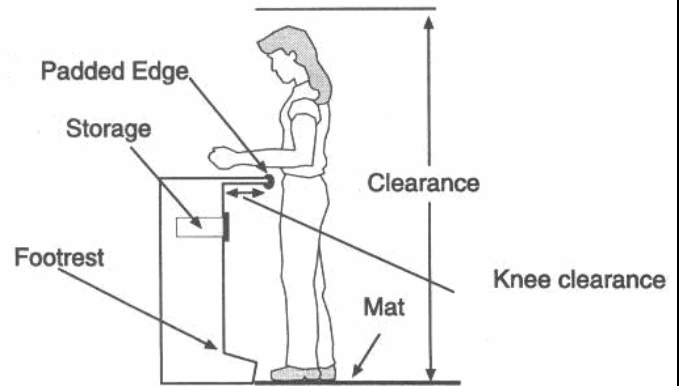
- Locate foot rail 6 inches off floor.
- Minimum foot rail length of 24 inches.

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 if to be used in a CER/Clean room.

Avoid use of foot pedals; if necessary, provide support stool to avoid over use of one leg for support.

Illustration of Standing Workstation Features



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.

Illustration of Standing Work Surface Height Precision Work, Light Assembly, Heavy Work

