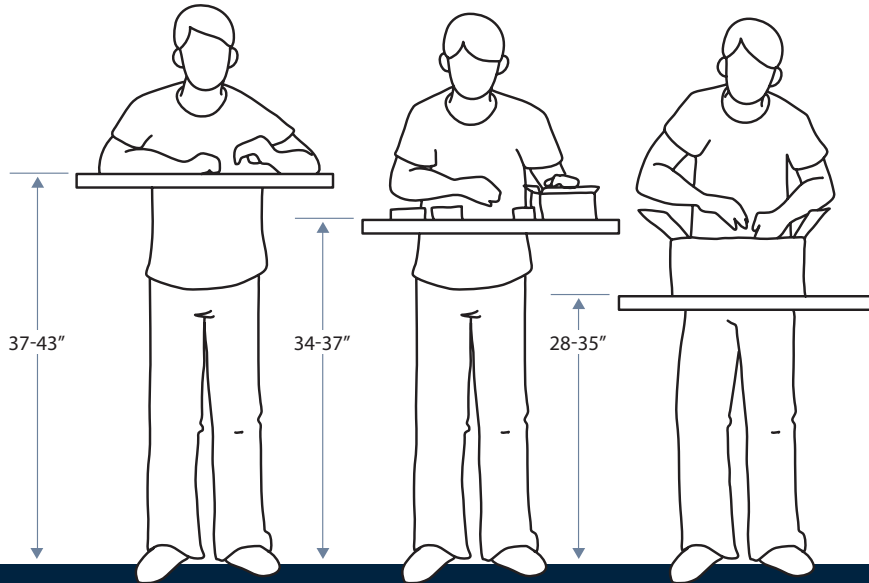




THE CENTER FOR PHYSICAL REHABILITATION

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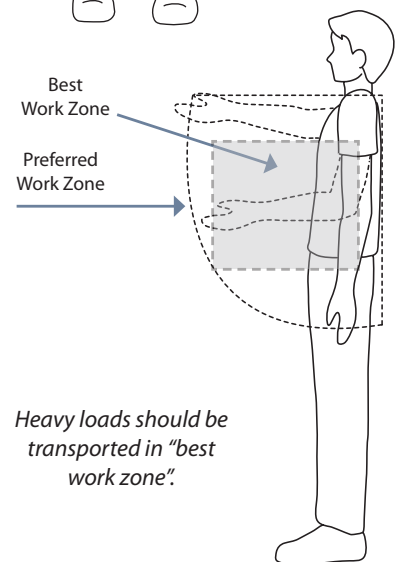
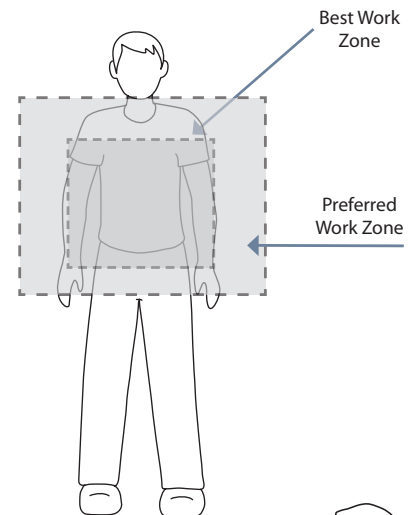
STANDING ERGONOMIC WORK STATION



WORKBENCH HEIGHTS

- **PRECISION WORK** above the elbow height
- **LIGHT WORK** just below elbow height
- **HEAVY WORK** 4-6 in below elbow height

WORK ZONES



Head & Neck
Avoid situations that require twisting the neck or bending forward, backward, or to the side.

20-28"

To Screen

10-20°

Monitor Tilt

Standing
Eye Height

Back
Stand straight and avoid situations that require bending, leaning to the side or twisting.

Shoulders & Arms

Keep shoulders relaxed.
Keep elbows aligned to body.
Keep wrist at elbow height.

Hands & Wrists

Keep the hands straight and in line with the forearms. Avoid twisting the hand.

Standing
Elbow Height

Feet & Legs

Placing the foot on a foot rest or other support will provide comfort. Provide toe space to allow the worker to stand closer to the counter to reduce reaching. Anti-fatigue mats can reduce stress.

Standing
Use a stool that will allow changes in posture.

sources: adapted from: Grandjean E. [1982] Fitting the task to the man: An ergonomic approach. London: Taylor and Francis; limited. cdc/ miosh/osha standards.