

Standing Workstation Height

Workstation height for manual tasks is based on the type of task:

PRECISION TASKS

Delicate hand tasks typically requiring high visual demands:

- **Examples:** writing, small parts assembly, inspection jobs
- Set workstation height 5 – 10 cm above elbow height (wrist/forearm support required)
- **Recommended height adjustability range*:** 102 – 132 cm

LIGHT TASKS

Hand and arm tasks involving moderate force and visual demands:

- **Examples:** assembly jobs, mechanical jobs, small tool operation
- Set workstation height 5 – 10 cm below elbow height
- **Recommended height adjustability range*:** 87 – 117 cm

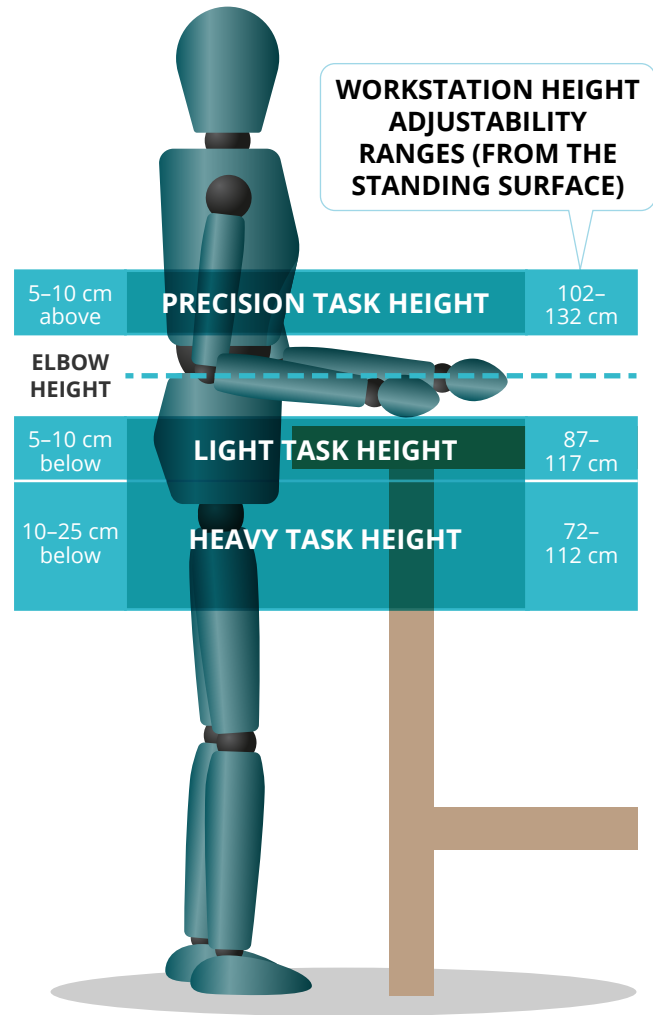
HEAVY TASKS

Upper body (hand, arm & torso) tasks involving downward forces:

- **Examples:** meat processing, installing parts, kneading dough, tool operation
- Set workstation height 10 – 25 cm below elbow height
- **Recommended height adjustability range*:** 72 – 112 cm



- Optimal standing height = upright back posture with the arms close to the body
- Workstation height for performing tasks with the hands located near the work surface



* To accommodate 90% of the working population. Ranges are vertical measurements from the standing surface. [Pheasant & Haslegrave (2006). Bodyspace: Anthropometry, Ergonomics and the Design of Work, Third Edition. Taylor and Francis.]

WORKSTATION HEIGHT - IMPACT ON POSTURE

	TOO LOW	OPTIMAL	TOO HIGH
Precision Tasks (Assembling bolts)	Back bending and rotated neck posture required to view task	5-10 cm above elbow height Wrist/forearm support required	Improved visibility but shoulders in awkward postures
Light Tasks (Cutting material)	Back bending required to view task and handle tools/objects	5-10 cm below elbow height	Shoulders and wrists in awkward postures to handle tools/objects
Heavy Tasks (Operating manual cutter)	Back bending required to reach and generate force required	10-25 cm below elbow height	Awkward shoulder posture reduces ability to generate force



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msdprevention.com

RESEARCH MEETING PRACTICE TO PREVENT MUSCULOSKELETAL DISORDERS (MSD)
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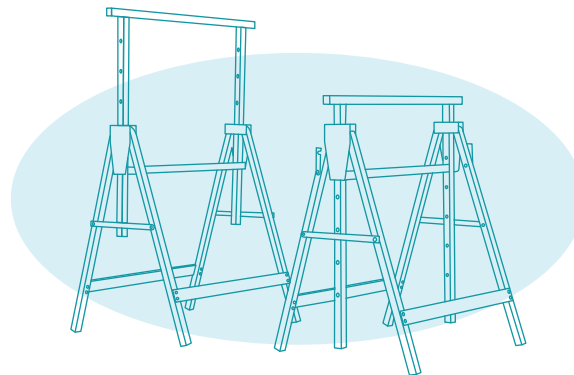
**Work
shouldn't
hurt**

Standing Workstation Height

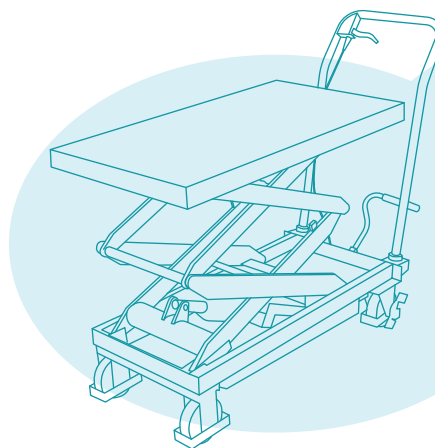
WORKSTATION ADJUSTABILITY SOLUTIONS FOR MANUAL TASKS

Tips for setting optimal workstation height:

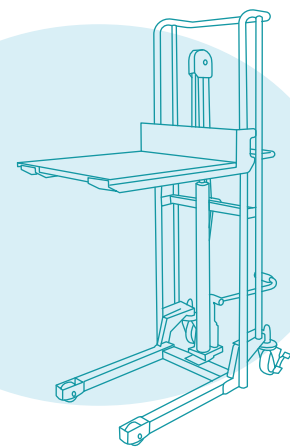
1. Understand the **TASK** requirements
 - Type of task/actions required
 - Size of the object/material
 - Tools and their handle orientations required to perform tasks
2. Consider the individual factors of the **WORKERS**
 - Stature (height)
 - When multiple workers are involved, design to accommodate the majority of the population
3. Fit the **TASK to the WORKERS**
 - Goal: All workers should be able to perform work in natural postures
 - *Adjustability is key* for accommodating workers of different statures
 - Allow foot clearance to stand close to the workstation
 - Use the appropriate flooring and footwear for standing work tasks
4. Set up the workstation using devices and equipment that allow for height adjustment.
Examples:
 - Sawhorses/blocking
 - Height adjustable cart or table
 - Platforms/scaffolding to raise standing surface (NOTE: Use appropriate controls to prevent slip/trip/fall hazards when standing on elevated surfaces)



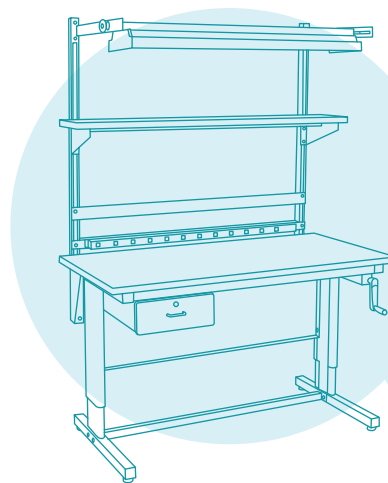
HEIGHT ADJUSTABLE SAWHORSES



SCISSOR-LIFT TABLE



PLATFORM STACKER



HEIGHT ADJUSTABLE WORKBENCH



ELEVATED PLATFORM



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