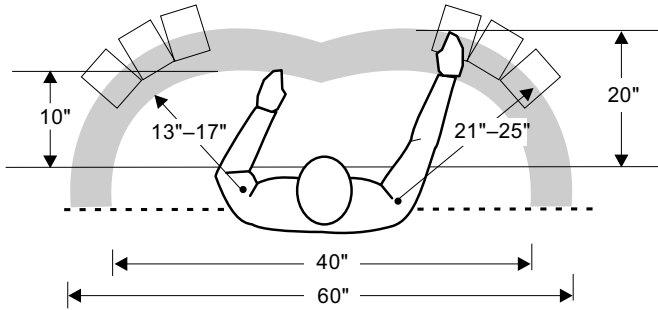
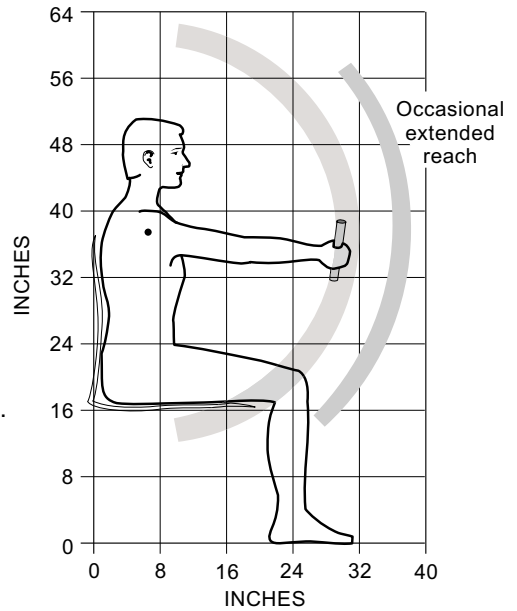
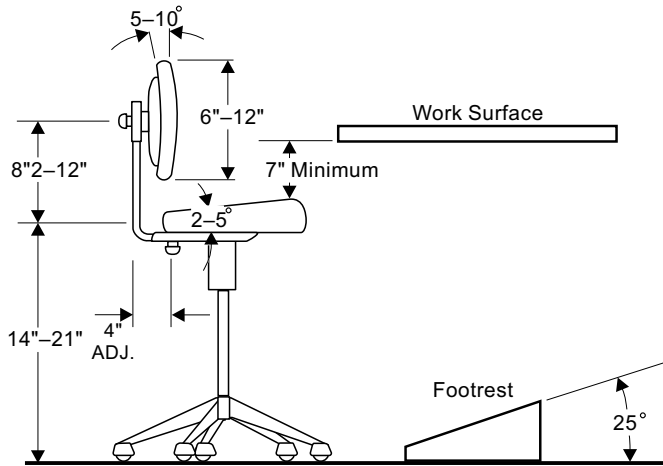


Tray 6-A. Recommended Workstation Measurements*



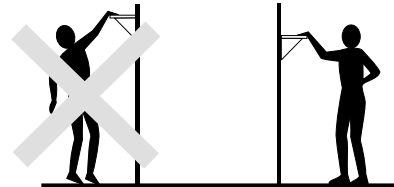
SEATED WORK:

Primary and secondary areas for table top work.
 Optimal work surface height varies with the work performed:
 Precision work = 31–37 in.
 Reading/writing = 28–31 in.
 Typing/light assembly = 21–28 in.
 Seat and back rest heights should be adjustable as noted in chair requirements below.



SEATED WORK:

Boundaries for vertical reaches for grasping objects.

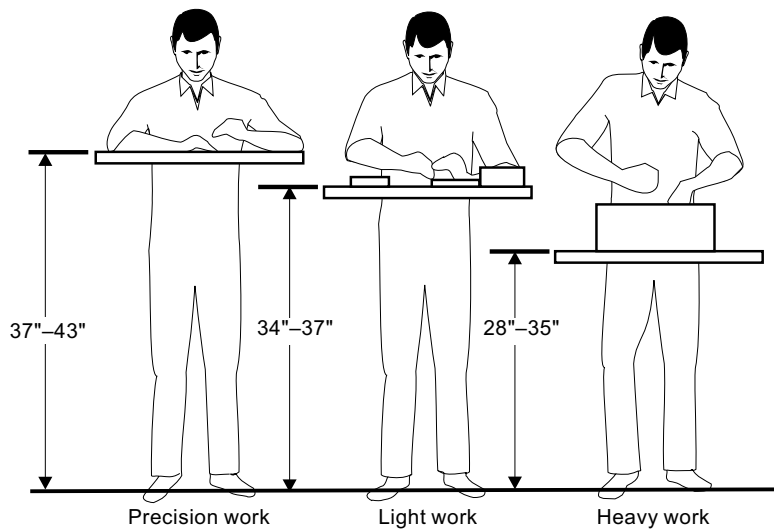


STANDING WORK:

Shelf heights to which a free-standing person can reach and place a hand flat on a shelf should not exceed 60 in.

STANDING WORK:

Workbench heights should be
 — above elbow height for *precision work*,
 — just below elbow height for *light work*, and
 — 4–6 in. below elbow height for *heavy work*.



*Adapted in part from Grandjean E [1982] (*Fitting the Task to the Man: An Ergonomic Approach*. London: Taylor & Francis Ltd.) and UAW-GM [1990] (*UAW-GM Ergonomics Handbook*. Madison Heights, Michigan: Center for Health & Safety).