



ERGO INSIGHTS



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**Welcome to the Ergo Insights: Your Source for
Ergonomic Wellness!**

Quick Tips to Correct Work Surface Height

Whether your work surface is a desk, a counter, or a workbench, the correct height of a work surface is essential for comfort, efficiency, and health, especially for individuals who spend long hours working at these surfaces. Incorrect work surface height can lead to poor posture, discomfort, repetitive strain injuries, and reduced productivity. Whether you're adjusting a desk, kitchen counter, or workbench, here are some quick tips to help you find the optimal height for any task.

1. Ergonomic Desk Height for Office Work

Elbow Height: Ideally, your elbows should be at a 90-degree angle when your arms are resting on the desk. Your forearms should be parallel to the ground, with your feet flat on the floor.

Monitor Position: The top of your monitor screen should be at or just below eye level, so your neck remains relaxed. Your eyes should naturally fall to the top third of the screen when looking straight ahead.

Chair Adjustment: Your chair should allow you to sit with your feet flat on the ground, thighs parallel to the floor, and a slight lean forward to promote healthy spinal alignment. Consider using a chair with adjustable height and lumbar support.



2. Standing Desk Adjustment

Elbow Angle: The desk should be at elbow height when standing, about 90 to 100 degrees. This allows your forearms to be parallel to the floor, reducing shoulder strain.

Foot Position: Keep your feet flat on the floor, or if you're using a footrest, ensure it's at the right height to support your posture. Avoid locking your knees, and shift your weight periodically to avoid fatigue.

Monitor Alignment: Just as with sitting desks, the top of your monitor should be at eye level to prevent neck strain. Ensure your screen is about 20-30 inches from your eyes, so you don't have to lean forward or squint.

3. Workbenches and Kitchen Counters

Kitchen Counter Height: The standard counter height in kitchens is about 36 inches (91 cm), but this can vary based on your height. For people who do a lot of food prep, a counter at about waist height is ideal to minimize strain on the back and shoulders.

Workbench Height: For tasks that require precision or are heavy-duty, your workbench should be at the same level as your elbows when standing. A general guideline is 36-38 inches (91-97 cm) high. For tasks that require sitting, the height may need to be lower.

4. Use Accessories for Extra Comfort

Keyboard and Mouse: Place your keyboard and mouse at a height that allows your arms to remain relaxed. A keyboard tray or adjustable arms can help position these tools at the right level to minimize strain on your wrists.

Footrests: For sitting positions, a footrest helps elevate your feet and support proper posture. For standing, footrests can encourage shifting weight and reduce fatigue.

Cushions or Mats: For standing desks, anti-fatigue mats can help reduce discomfort during long standing sessions. Similarly, ergonomic cushions or lumbar supports for chairs can ease pressure on the spine.



Schedule Ergonomic Evaluation



Ergonomic Resources and Information



Training information

