

FS No. 88-040-0821

YOUR COMPUTER WORKSTATION SHOULD INCLUDE A DESK THAT'S RIGHT FOR YOU

Your connection to your work is through your hands. Place equipment on and around your desk so that when you perform routine tasks—

- Your shoulders are relaxed.
- Your upper arms are close to your body.
- The angle between your upper arm and forearm is in the range of 75° to 135°.
- Your wrists are bent no more than 5° right or left and no more than 10° up and down.



Source: U.S. Army photo by Eric Pilgrim.
Cleared for public release.

Adjustable Desk

Ideally, your desk should have an adjustable surface large enough to accommodate a monitor and a separate, adjustable keyboard tray. Adjustable desktops, keyboard trays, and sit-stand workstations allow different operators to use the workstation.

Fixed-Height Desk

- A fixed-height desk can cause non-neutral postures. A desk that is too low causes the shoulders to slump forward. A desk that is too high results in arms held away from the body with shoulder flexion and neck extension.
- If a fixed-height desk is used, at a minimum add a keyboard tray that adjusts vertically to provide added adjustability. The minimum adjustment range for this tray should be 22" to 28" (56 to 71 centimeters (cm)) from the floor. Ideally, a sit-stand workstation can be added to the workstation.
- Adjust your chair to a comfortable position.
- Adjust the keyboard tray to allow your forearms, wrists, and hands to be in a straight line.
- Adjust the monitor or desk surface so the top of your monitor is at eye level. This will allow you to gaze slightly down to view the center of the screen. Please note, if you wear bifocal or trifocal eyeglasses, you may need to adjust the monitor lower.

Desk Design

- Desktops should minimize glare and reflection.
- Avoid sharp edges—rounded or sloping edges are preferable.
- From your desk's edge, the minimum under-desk clearance depth should be 23½" (60 cm) and the minimum width should be 20" (51 cm).

U.S. Army Public Health Center, Ergonomics Division
8252 Blackhawk Road, Aberdeen Proving Ground, MD 21010
410-436-2439 or DSN 584-2439

Approved for public release; distribution unlimited

FS No. 88-040-0821

- The desktop should be large enough for work objects (at least 27½" (70 cm) wide) and should prevent the sliding of these objects.
- The desk surface should be deep enough to provide at least 16" (41 cm) between your eyes and the monitor screen. If necessary, move the desk away from the wall to provide enough space between your eyes and the monitor screen.
- Obstructions under your desk should be removed to provide sufficient legroom.
- Workers will be more comfortable with a height-adjustable desk, a sit/stand desk, or a standing workstation. The minimum adjustment range for a keyboard tray on a standing workstation should be 34½" to 47¼" (88 to 120 cm) from the floor.

For additional information, please review the Occupational Safety and Health Administration [OSHA] E-tools office workstation checklist: <https://www.osha.gov/SLTC/etools/computerworkstations/>.