



WORKSITE INTERNATIONAL WORKSTATION MODEL TABLE OF MEASUREMENTS

Height	*(Neutral) Measurement	**Adjusted Measurement	Change Made (inches)
A. Floor to back of knee height (feet on the floor or foot ring if seated on stool)			
B. Forearm to seat pan height			
C. Floor to seated wrist height			
D. Floor to space bar/mouse height			
E. Floor to seated elbow height			
F. Floor to work surface height			
G. Floor to seated eye height			
H. Floor to monitor first line of type			
I. Monitor Diagonal			
J. Monitor Distance to User			

Measurement

Significance

A. Floor to back of knee height	Seat pan height
B. Forearm to seat pan height	Armrest height
C. Floor to seated wrist height	Keyboard should be positioned below fingertips or wrist height or be equal to floor to space bar height.
D. Floor to space bar/mouse height	Equal to floor to wrist height (approx.) or under fingertips
E. Floor to seated elbow height	Armrest height and keyboard tray height
F. Floor to work surface height	Approx. 2" above seated elbow height for desk writing
G. Floor to seated eye height	Equal to first line of type for monitor setting
H. Floor to monitor first line of type	Equal to seated eye height
I. Monitor Diagonal	Determine glare screen size
J. Monitor Distance to User	Visual Comfort (18" to 30" suggested)

*Neutral measurement: With feet on floor, hips and knees at 90° so weight is distributed over buttock and thighs, elbows at 90° to upper arm.

**Adjusted measurement: Once changes are made, re-measure for accommodation to neutral measurement. Surface heights and chair heights may vary.