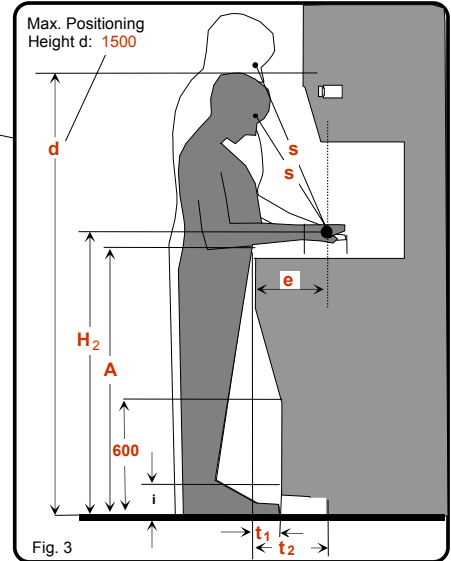
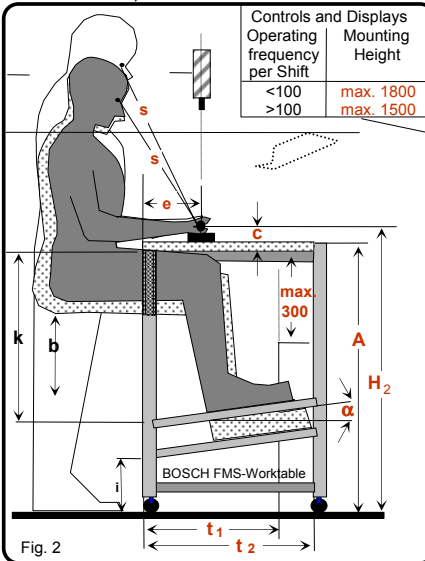
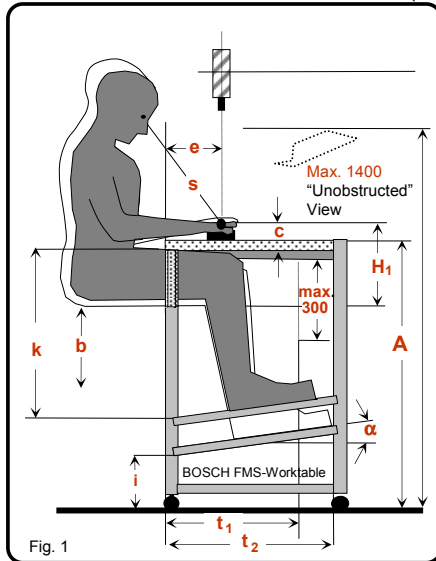


Workplace Measurements

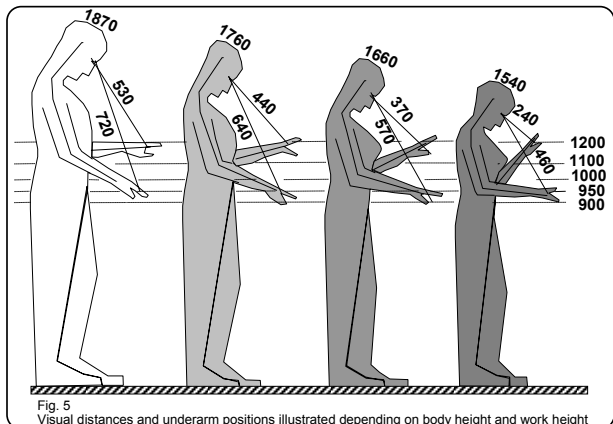
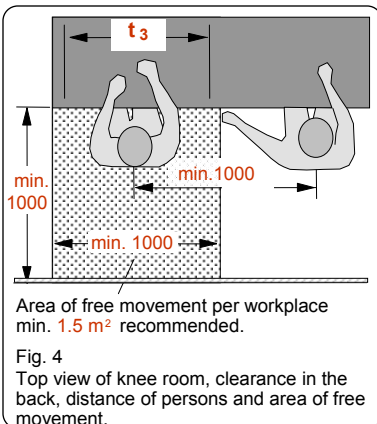
for Manual and Machine Work Stations (Dimensions in mm)



Description	Seating Workplace (Fig. 1)	Seating/Standing Workplace (Fig. 2)	Standing Workplace (Fig. 3)
Distance to work area	e	0 to 325 Aim a minimum distance from the front edge	Influence on: Arm position Visual distance s Head inclination
Working height	H1	Pay attention to dimension c	
	H2	—	Reference values for working height see Fig. 5 & Table I. (the work area of the fingers is decisive)
Working Surface Height	A	min. 900 Above a = 90, k = 520 to 750 is possible	Dependent on: Body height Fixture height Work piece height Influence on: Arm position Visual distance s Head inclination
From tabletop to work area	c	Make as small as possible, large distances cause unfavorable arm positions (holding posture). Compromise between visual distance and arm position. (Compare Fig. 5 and Table I.)	—
Leg room depth	t1	min. 350	min. 80
Foot room depth	t2	min. 550 (for free movement)	min. 150
Leg room width	t3	min. 800 , Getting up from chair must be possible by swiveling the chair	min. 600
Footrest: Free room for knees Inclination	k α	Installed at workplace (platform continues to rear) 520-750 (adjustable height), at A = 900 only k = 520 to 700 possible 5° - 10°	—
Room for foot movement: Clearance height	i	Also for chair legs min. 120	—
Seating Height	b	Adjustment range min. 250 , preferably 300, adapted to height of work area	—
Visual distance ¹⁾	s	s is almost independent from body height when seated and can be adjusted via seating height	s is heavily dependent on body height when standing and can be influenced via working height (see Fig. 5)

1) Visual distance is dependent on several parameters. Reference values can be determined by comparing similar workplaces or by experimenting. The following parameters must be comparable:

- Size and shape of recognizable details
- Type of activity
- Contrasts (object/surroundings)
- Illumination intensity
- Individual power of vision



Deviations from the given values must be tested in individual cases (e.g. with the aid of a "Template for the Human Figure", software ERGOMAS).

Table 1

Reference values for working heights H_1 and H_2 depend on work requirements and body height (5th and 95th percentile) for Female (F) and Male (M).

Work Requirements	Examples	Working Height							
		H ₁ (Sitting) Percentile				H ₂ (Standing) Percentile			
		5th		95th		5th		95th	
		F	M	F	M	F	M	F	M
High requirements for <ul style="list-style-type: none"> • Visual control • Fine biomechanical coordination 	Adjustments Visual Inspections Assembly of very small parts	400	450	500	550	1100	1200	1250	1350
Medium requirements for <ul style="list-style-type: none"> • Visual control • Fine biomechanical coordination 	Wiring work, Assembly of small parts with minimal use of muscular force	300	350	400	450	1000	1100	1150	1250
Minor requirements for <ul style="list-style-type: none"> • Visual control High requirements for <ul style="list-style-type: none"> • Movement of arms 	Sorting Packaging Assembly of heavier work pieces with increased use of muscular force	250		350		900	1000	1050	1150