



SHARED WORKSTATION ERGONOMICS

Shared Workstations Design Considerations

Adjustability is the key to ensuring that a shared workstation can be utilized by several individuals in a safe, comfortable, and efficient manner.

The optimal design for shared workstations consists of the following:

Adjustable Chair

Ideal seat height allows your thighs to be parallel to the floor, with your feet flat, and knees bent at 90-degrees or wider.

The ability to adjust the chair height is critical, but many chairs are also equipped with controls to adjust the lumbar support, seat pan, back rest, tilt, arm rest, etc. The more controls in place to personalize the end user experience, the greater the ergonomic impact.

Adjustable Monitor

Ideal height allows your line of vision to be within the top third of monitor screen and positioned about an arm's length away.

A monitor arm can be utilized to allow the greatest adjustability.

Keyboard and Mouse

Ideal height allows your wrists and forearms to be parallel to the floor while achieving a 90-degree bend in the elbows.

It is important for end users to maintain a neutral position of the wrists and forearms while typing.



Height Adjustable Desk

If available, a height adjustable desk/table is the most effective solution to simultaneously achieve all three of the above ergonomic body angles.

Footstool

A footstool is especially helpful with fixed desk set-ups, a footstool will allow end users smaller in height to raise their chair accordingly to achieve the ideal typing keyboard height while also using the footstool to maintain the 90-degree bend of the knees.

Task Lighting

Place task lighting angled slightly behind the computer screen to avoid glare and prevent insufficient lighting and eye strain.

Visual References

Consider posting the [Herman Miller: Computer Workstation Posture Guide](#) at each workstation as an ergonomic reminder for end users.