

Workstation Heights – 5'0" – 6'3"

Five Reference Postures

Five reference postures represents a range of postures observed at computer workstations, but may be useful for many other common workplace tasks as well.

Reclined Sitting Posture

The user's torso and neck are straight and recline between 105 and 120 degrees from the thighs.

Upright Sitting Posture

The user's torso and neck are approximately vertical and in line (between 90° and 105° from the thighs), the thighs are approximately horizontal, and the lower legs are vertical.

Declined Sitting Posture

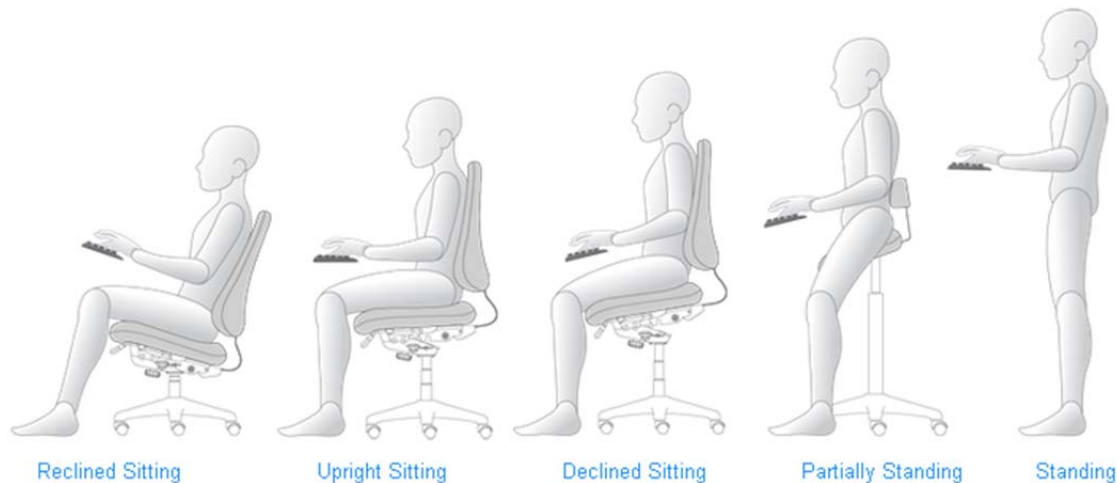
The user's thighs are inclined with the buttocks higher than the knee and the angle between the thighs and the torso is greater than 90 degrees. The torso is vertical or slightly reclined and the legs are vertical.

Partially Standing Posture

The user's torso and neck are straight, the angle formed by the torso and thighs can range between 120 and 160 degrees.

Standing Posture

The user's legs, torso, neck and head are approximately in line and vertical.



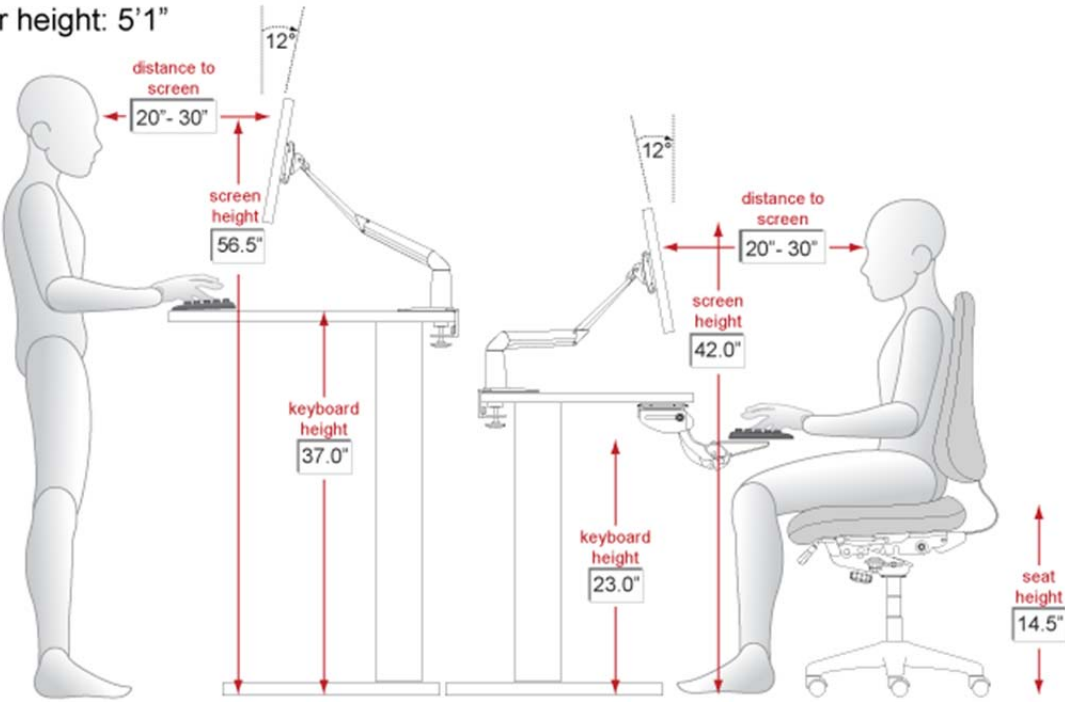
"Sitting is killing us. At least that's what recent studies are warning. Researchers from **Britain's University of Leicester**, for example, have concluded that **sitting more than eight hours a day can raise one's change of a heart attack or stroke by 147%**. That's a tough break for cubicle dwellers ... Meanwhile, a recent survey by *Sun Life Financial* found that Canadian employers consider a sedentary lifestyle to be one of the top two health risks for workers; suggesting they may be ready to start investing in putting staff on their feet. "We have the power to bring the calorie burn to a two-mile run into people's lives; all within the time they're already at their desks." Profit Jan. 2014

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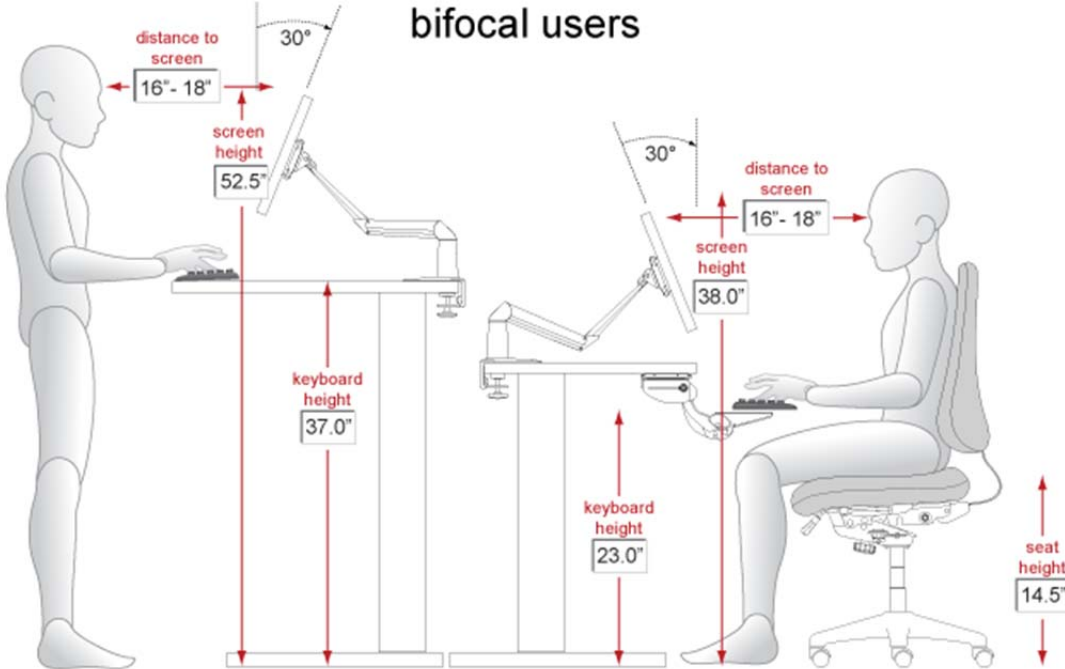
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Workstation Heights – 5'0" – 6'3"

Your height: 5'1"



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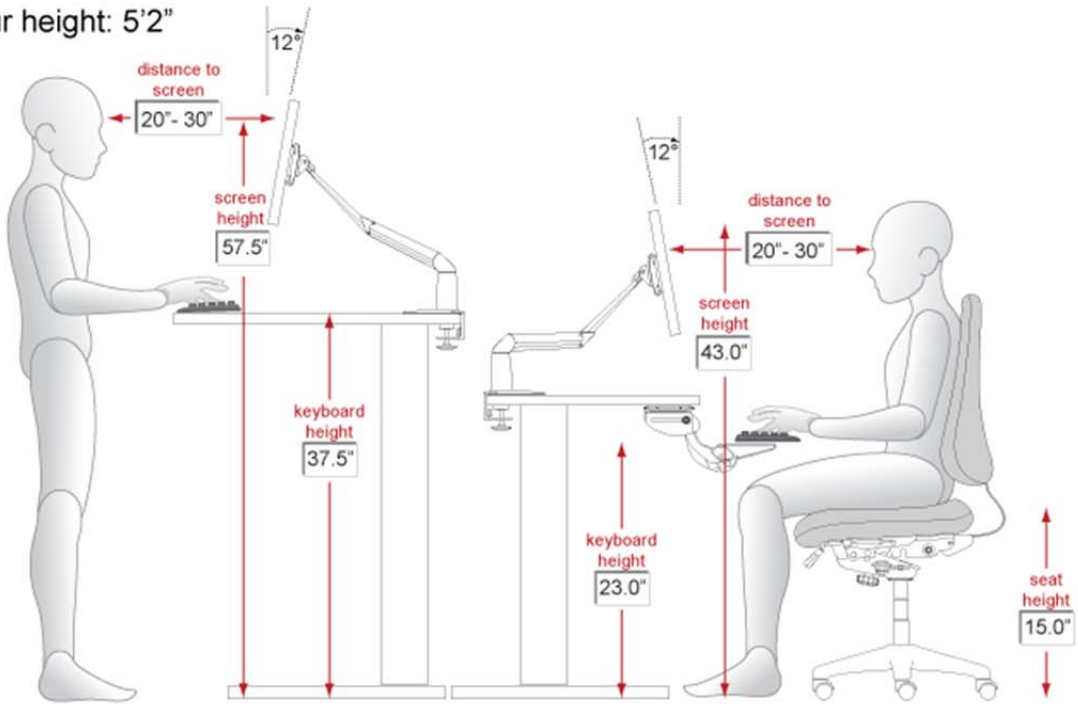


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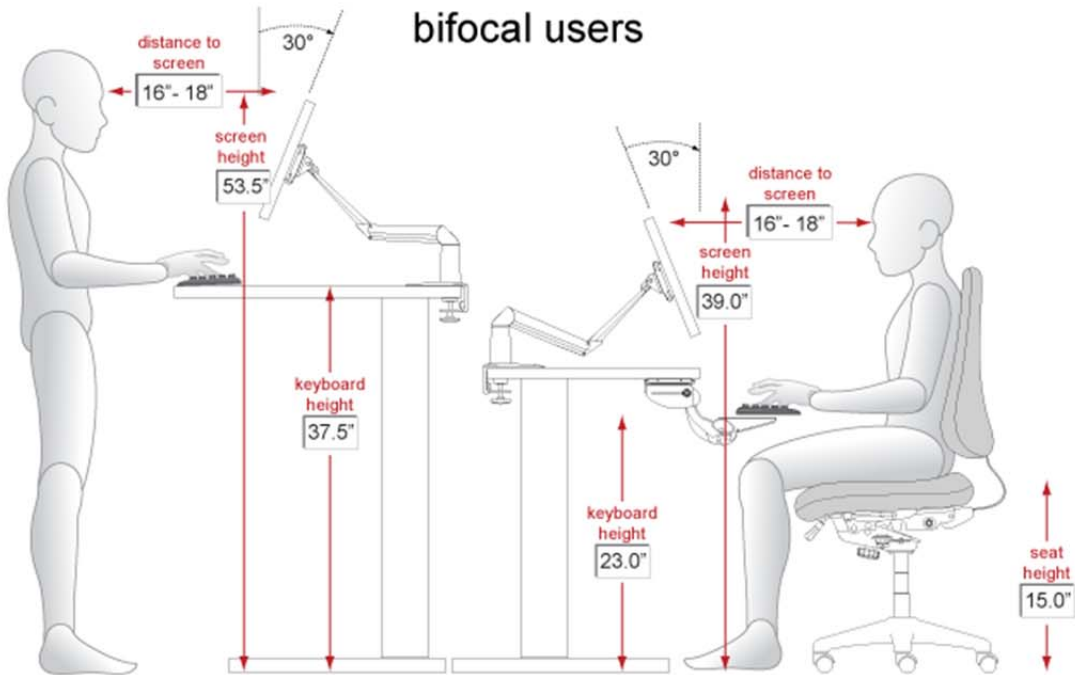
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Workstation Heights – 5'0" – 6'3"

Your height: 5'2"



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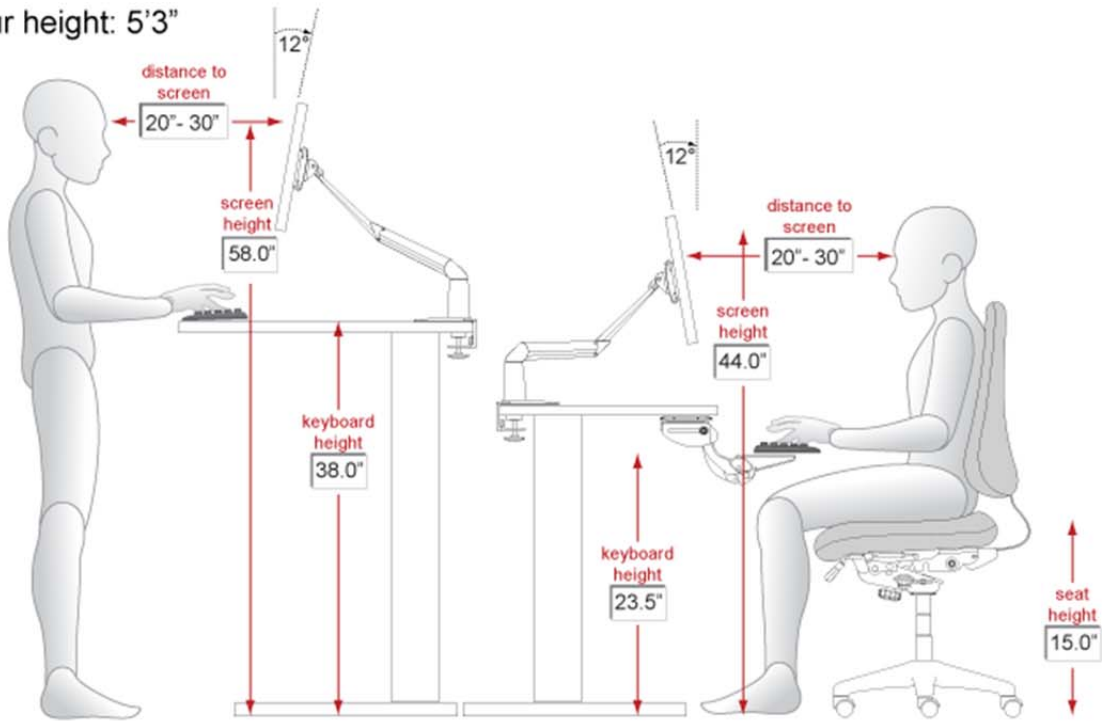


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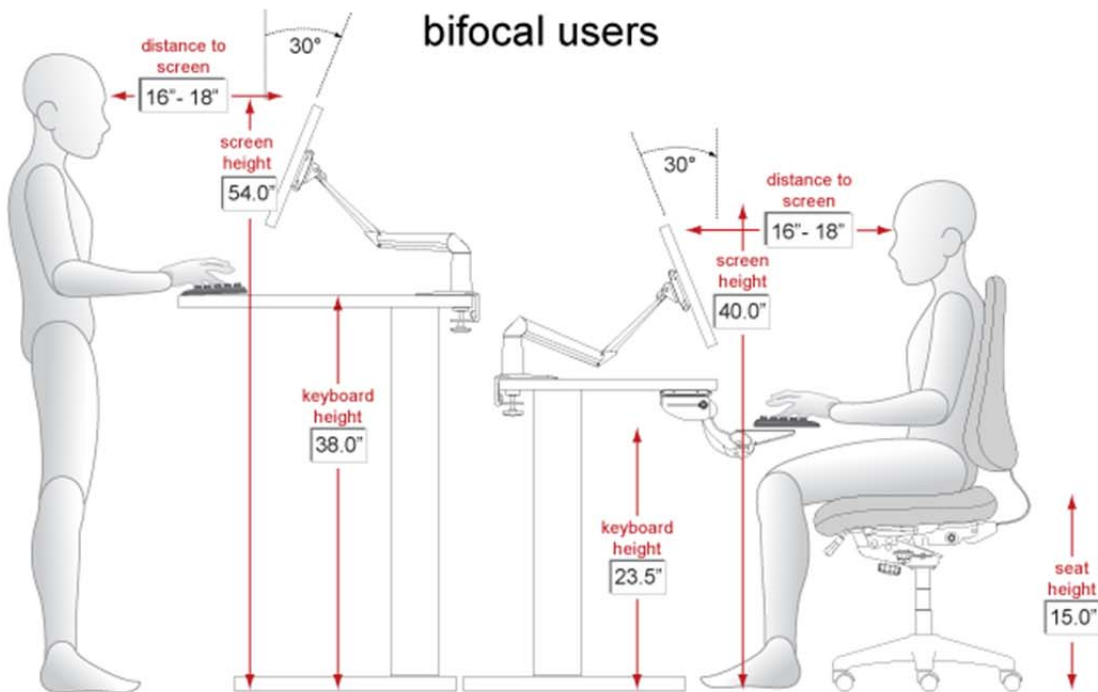
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Workstation Heights – 5'0" – 6'3"

Your height: 5'3"



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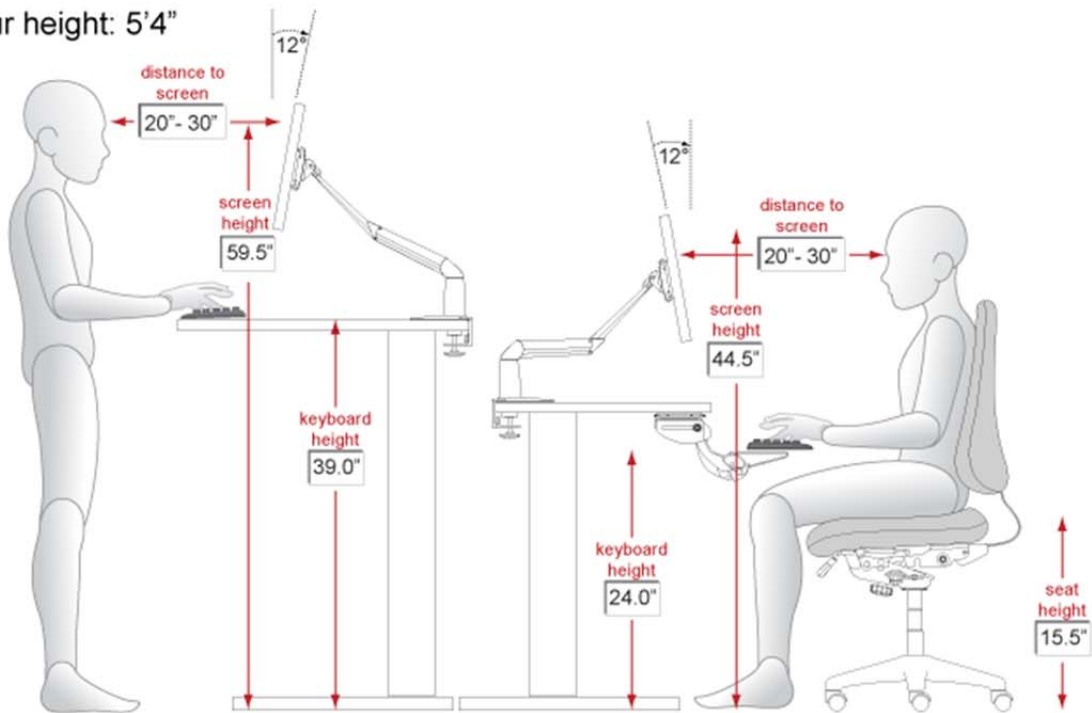


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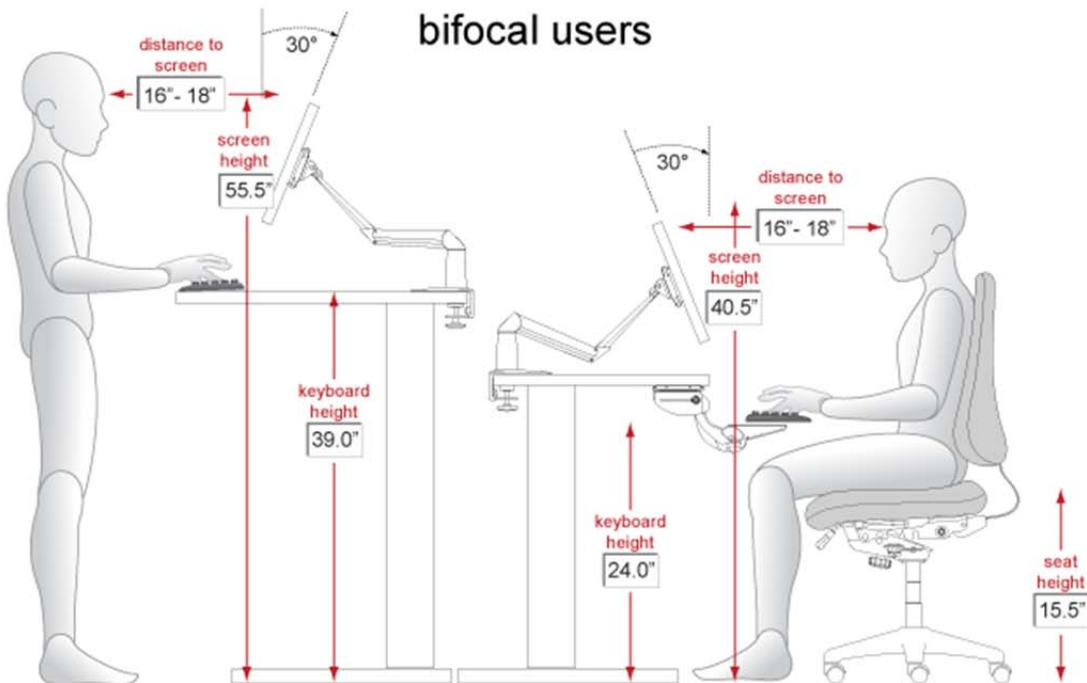
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Workstation Heights – 5'0" – 6'3"

Your height: 5'4"



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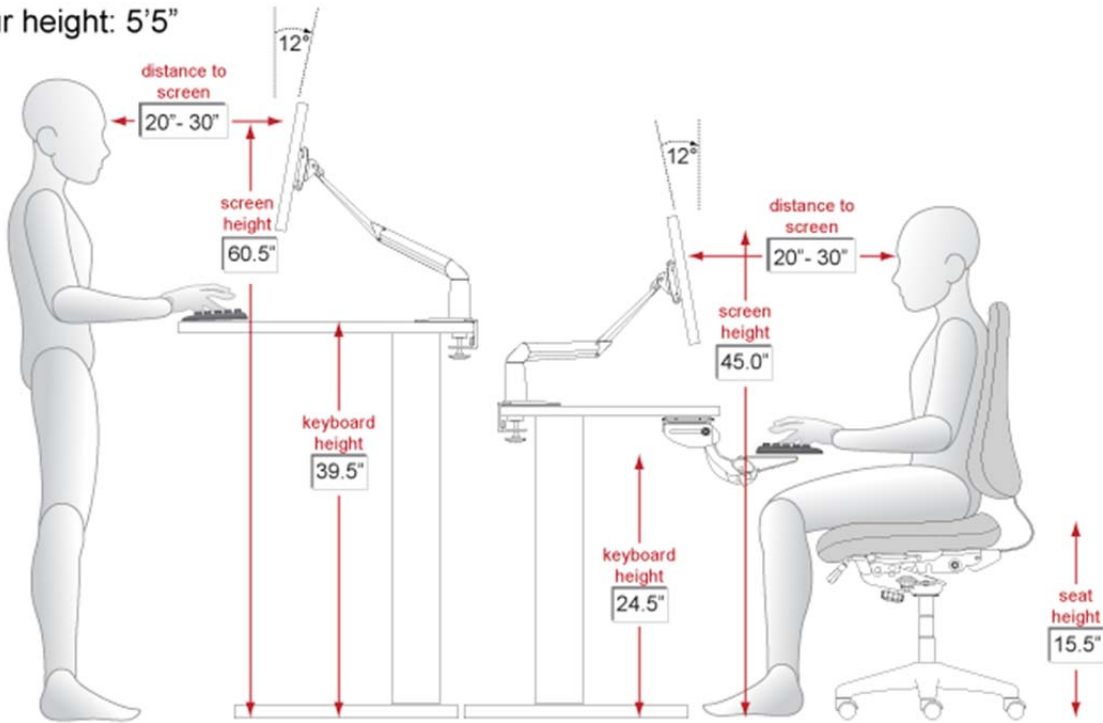


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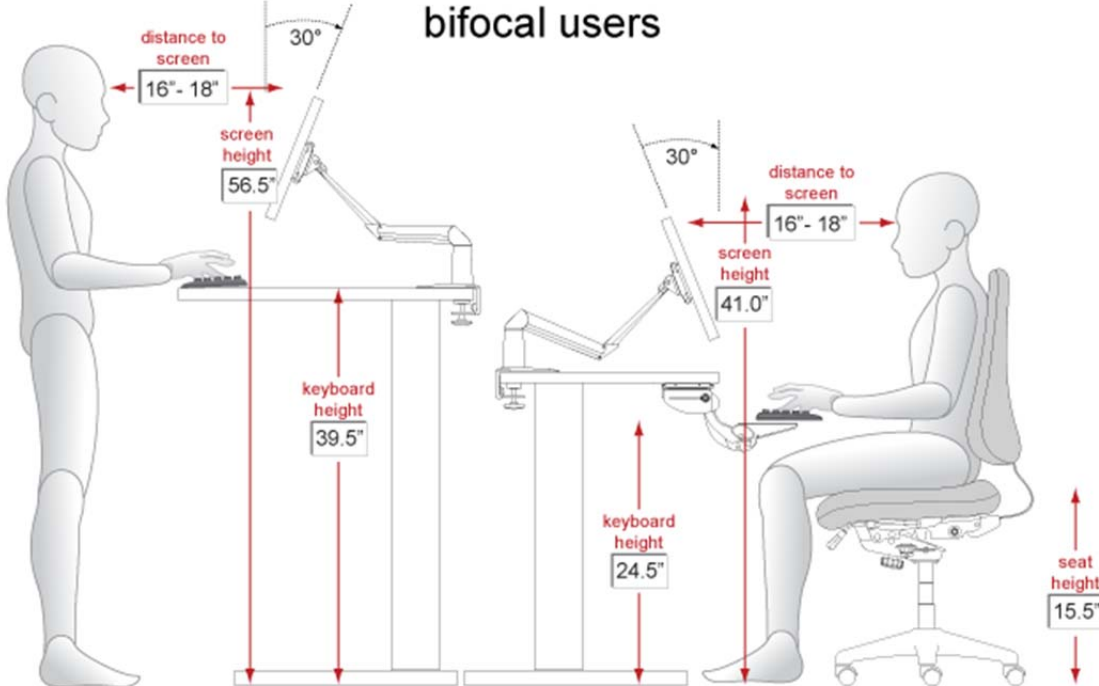
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Workstation Heights – 5'0" – 6'3"

Your height: 5'5"



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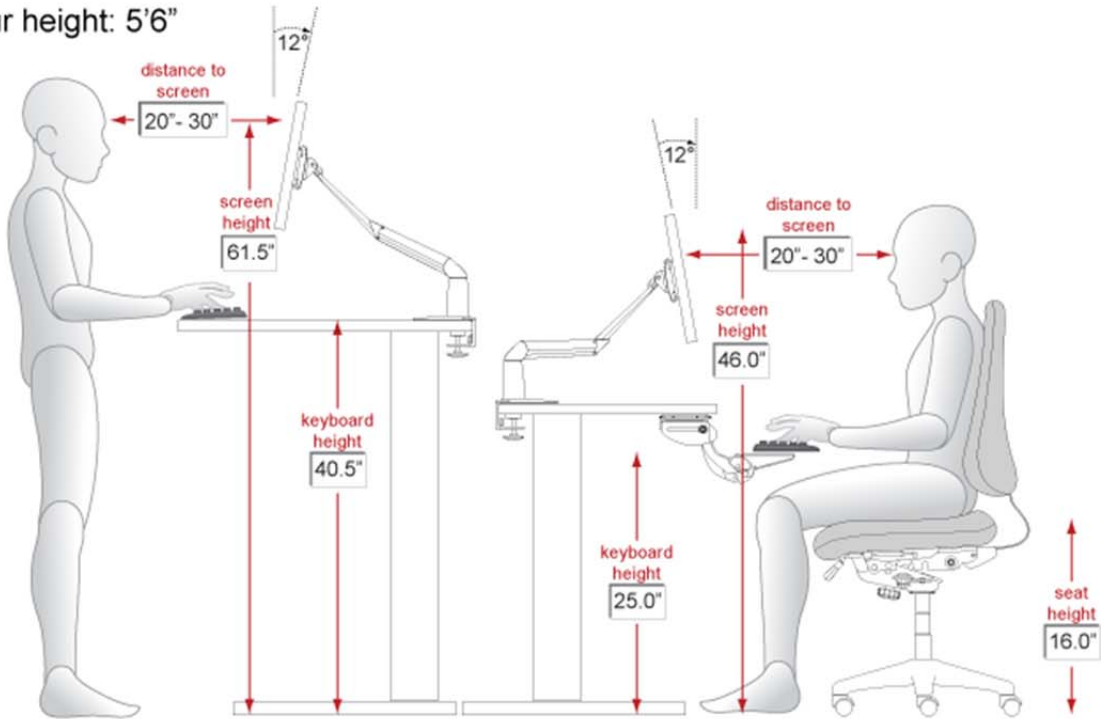


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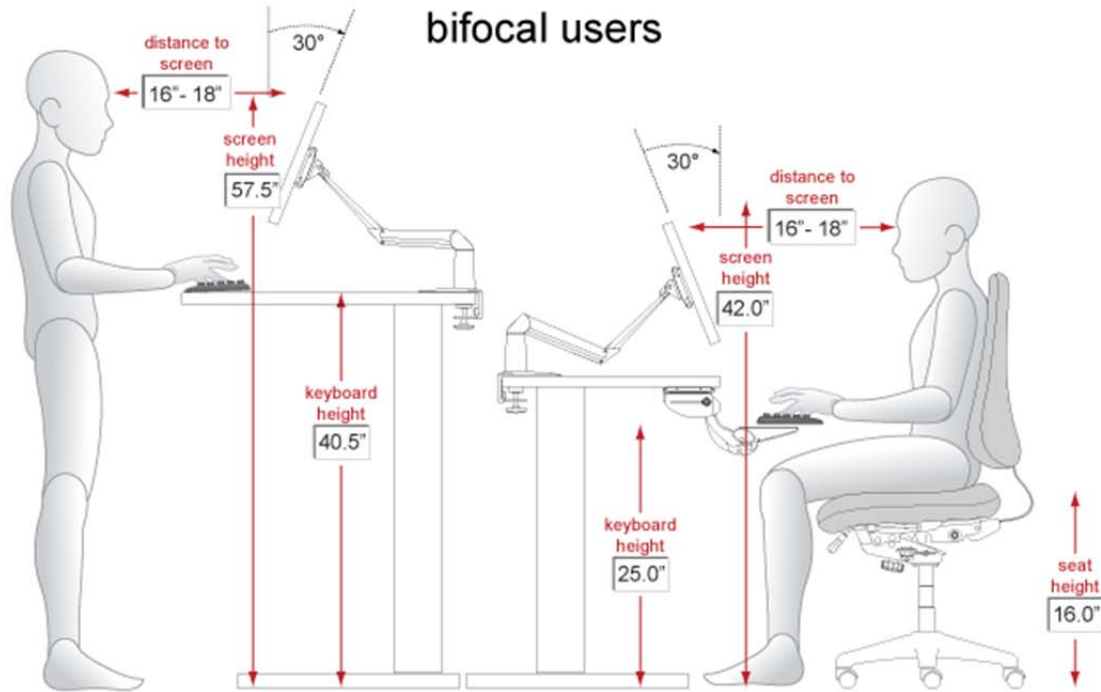
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Workstation Heights – 5'0" – 6'3"

Your height: 5'6"



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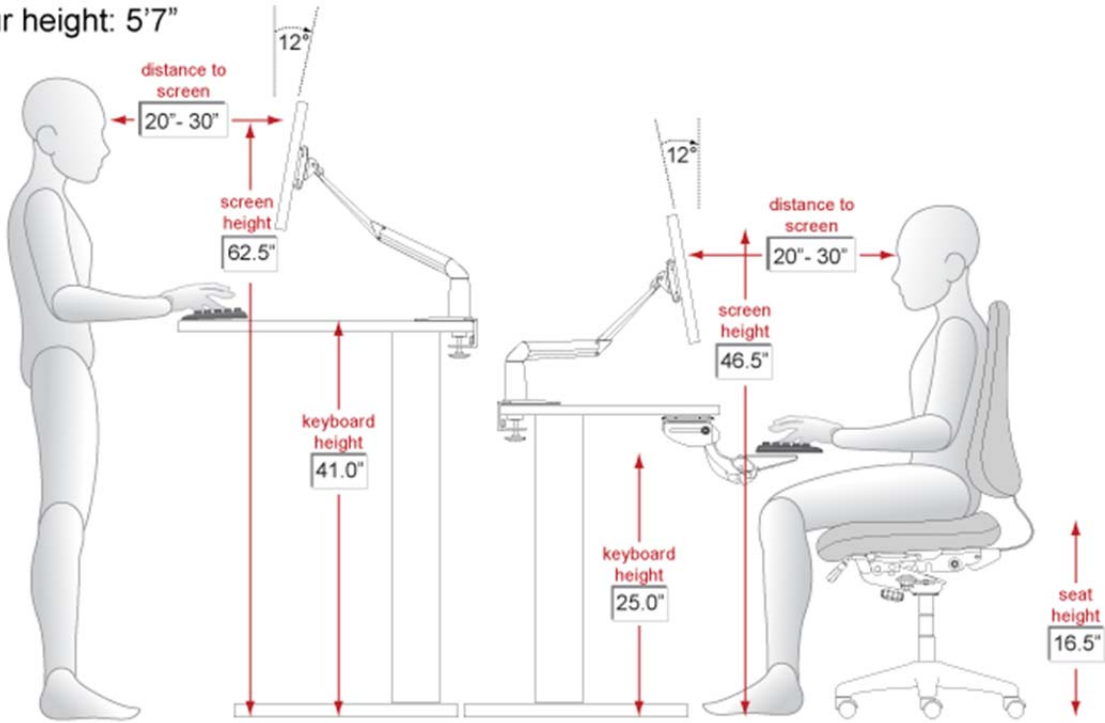


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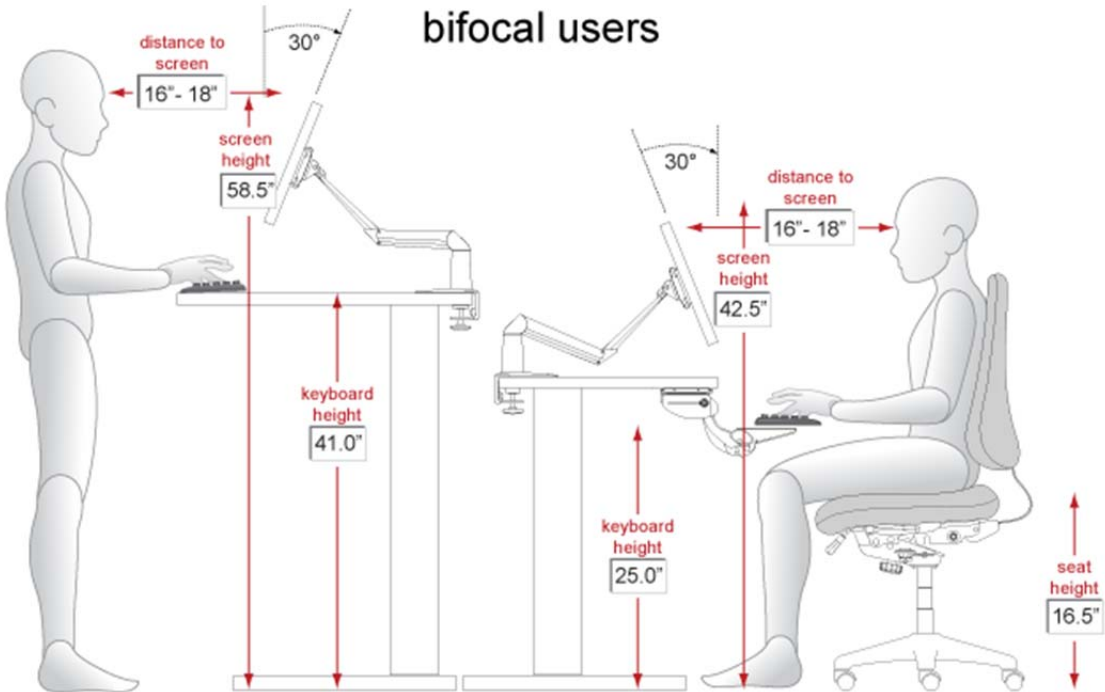
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Workstation Heights – 5'0" – 6'3"

Your height: 5'7"



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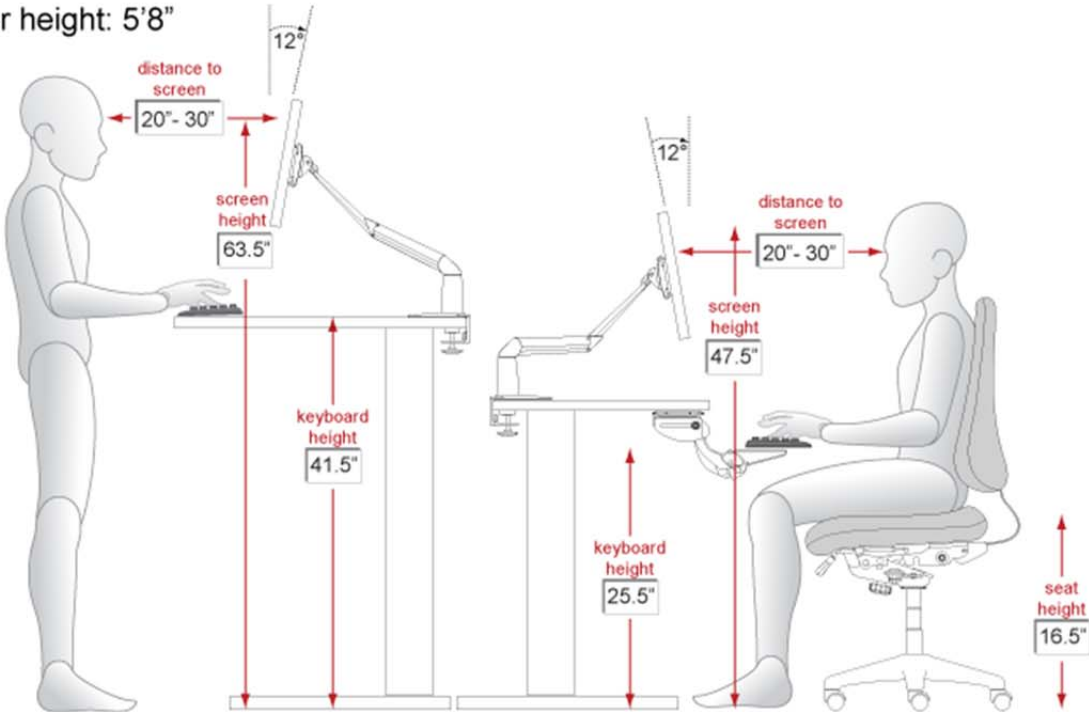


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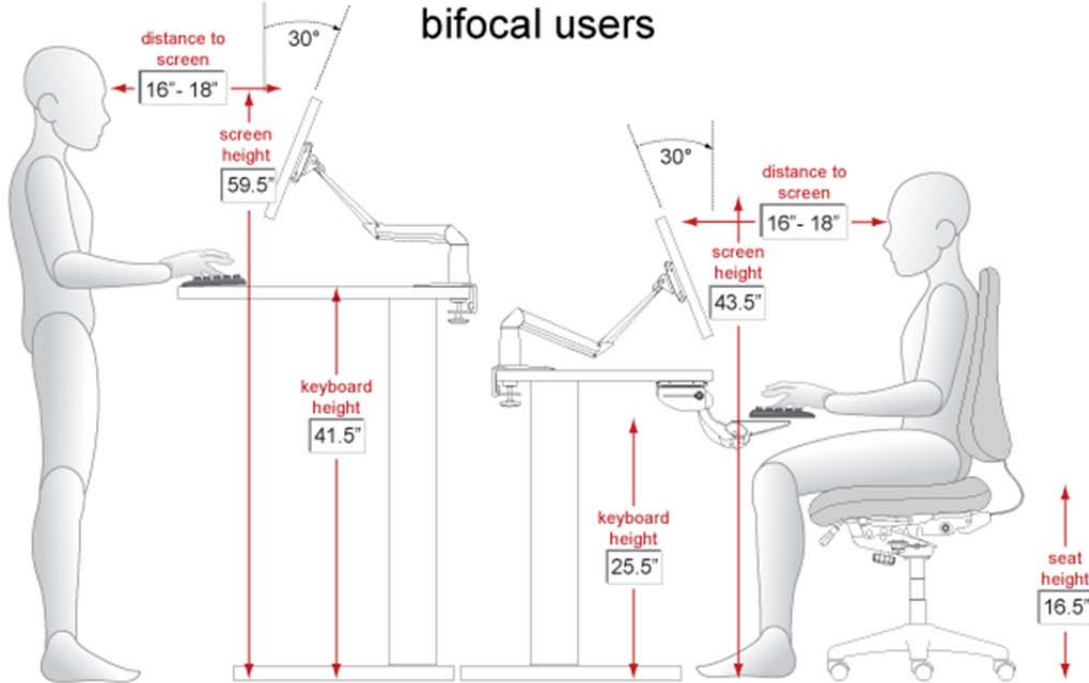
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Workstation Heights – 5'0" – 6'3"

Your height: 5'8"



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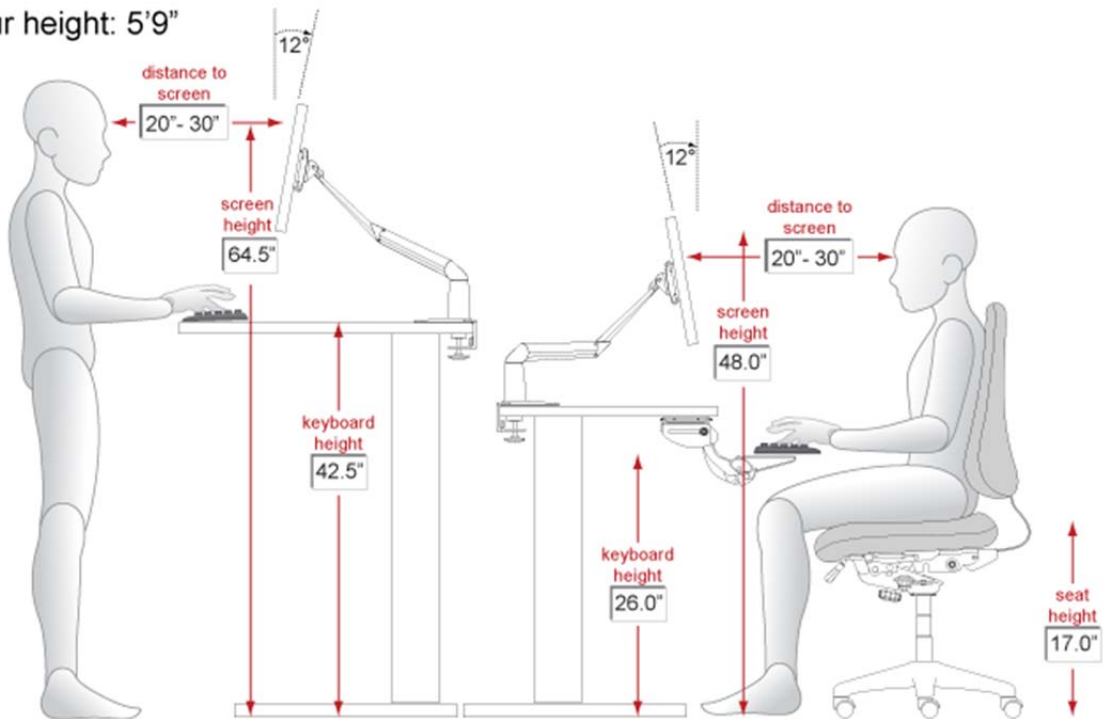


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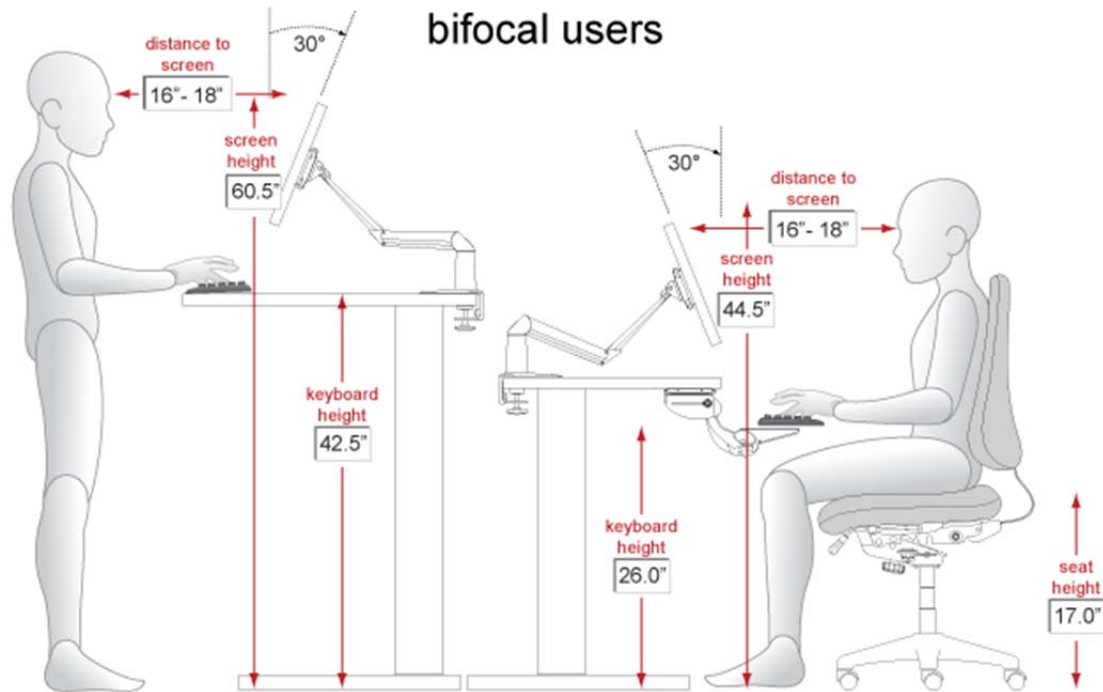
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Workstation Heights – 5'0" – 6'3"

Your height: 5'9"



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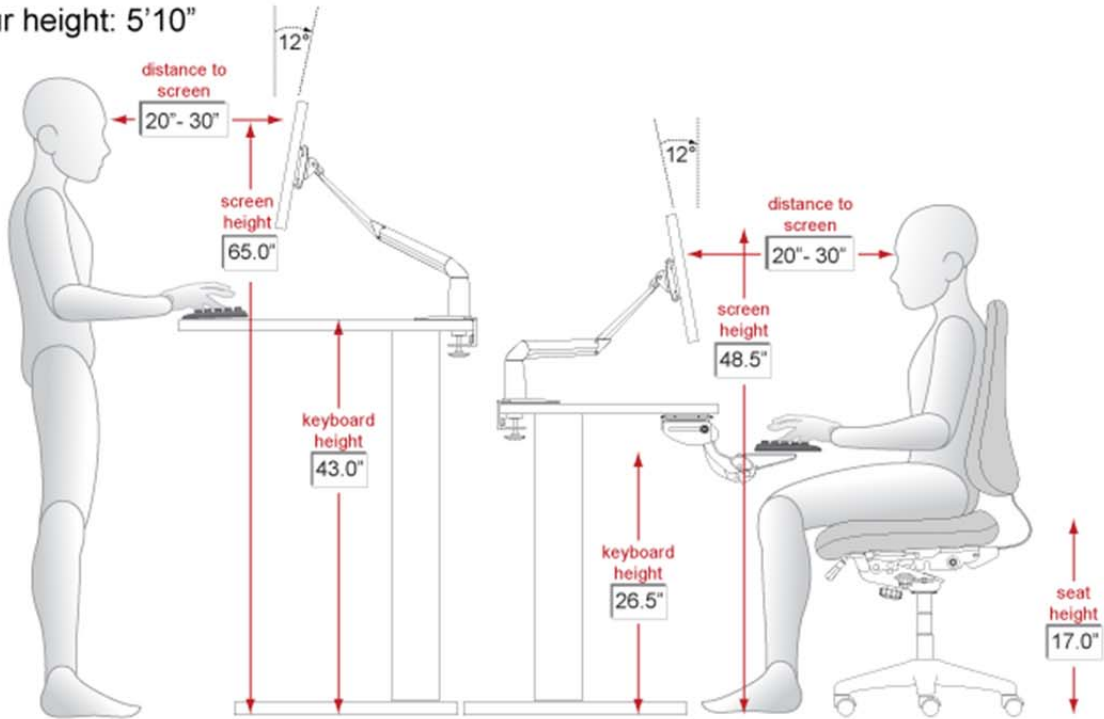


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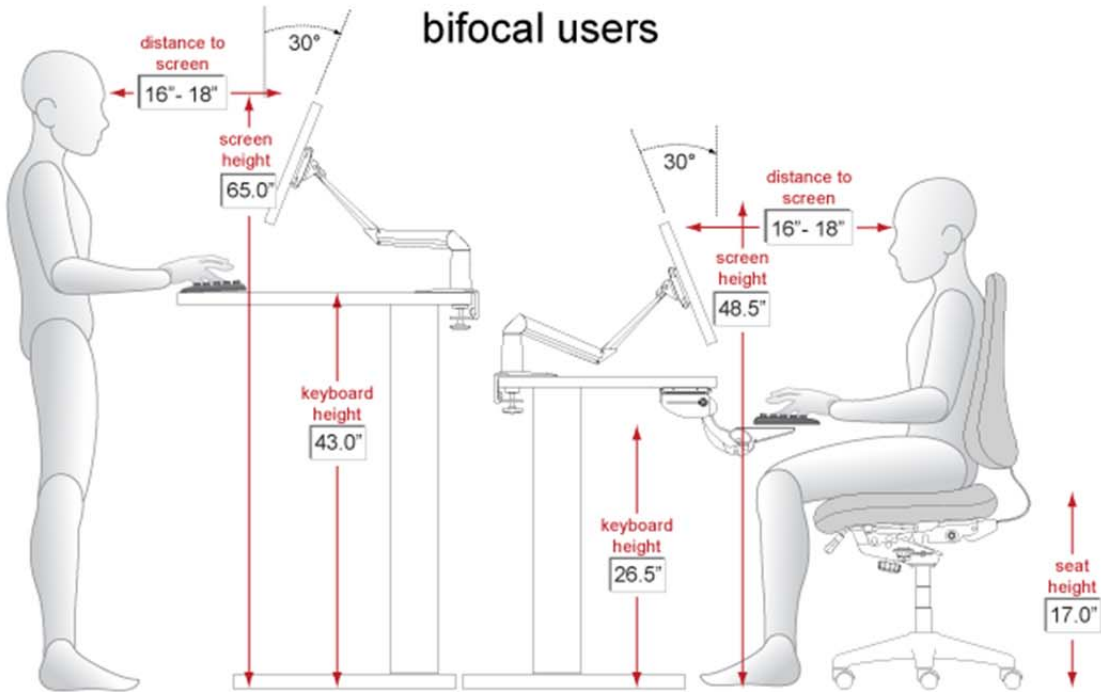
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Workstation Heights – 5'0" – 6'3"

Your height: 5'10"



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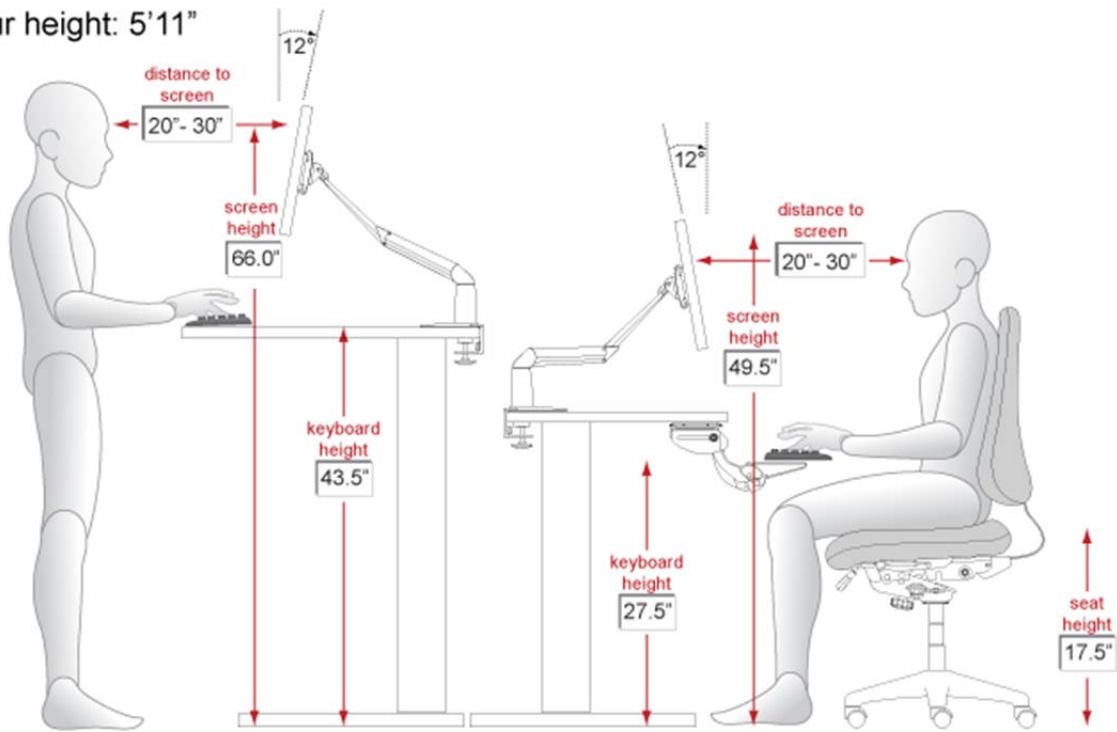


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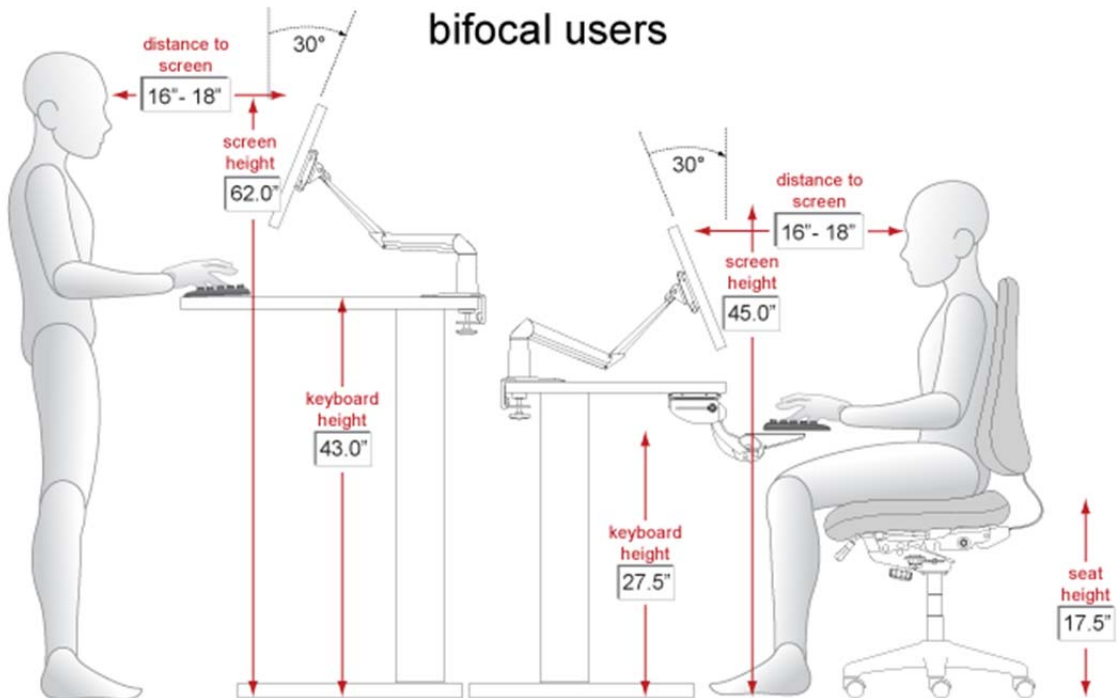
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Workstation Heights – 5'0" – 6'3"

Your height: 5'11"



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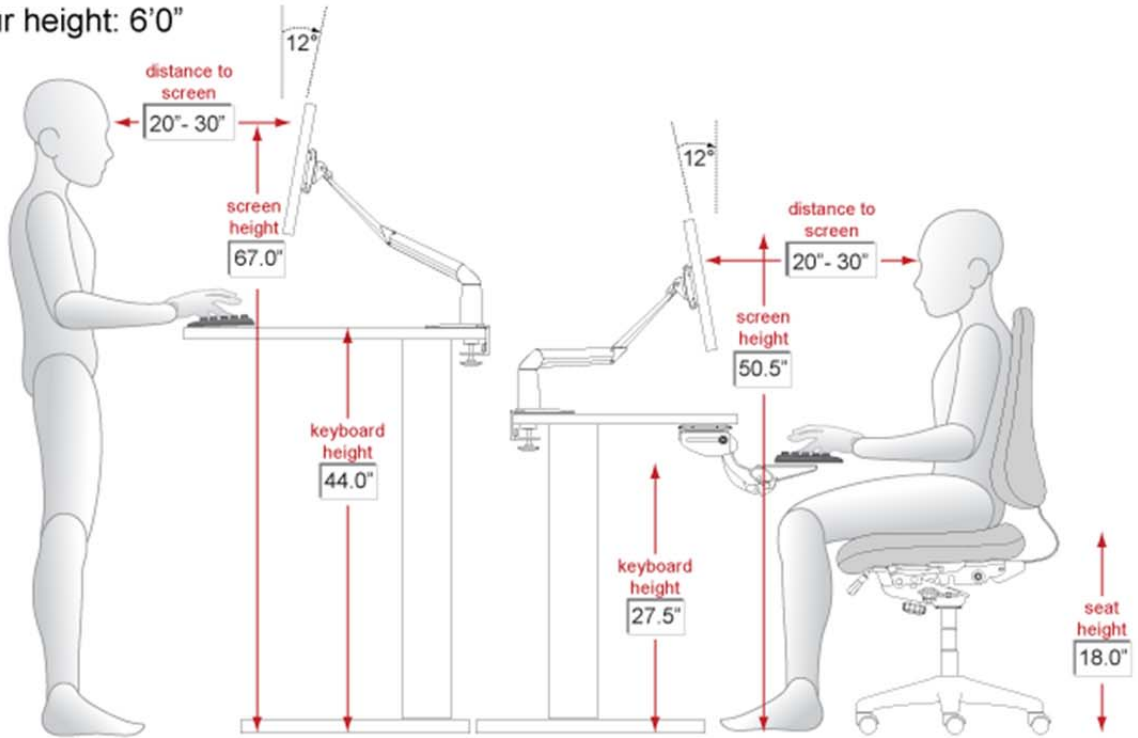


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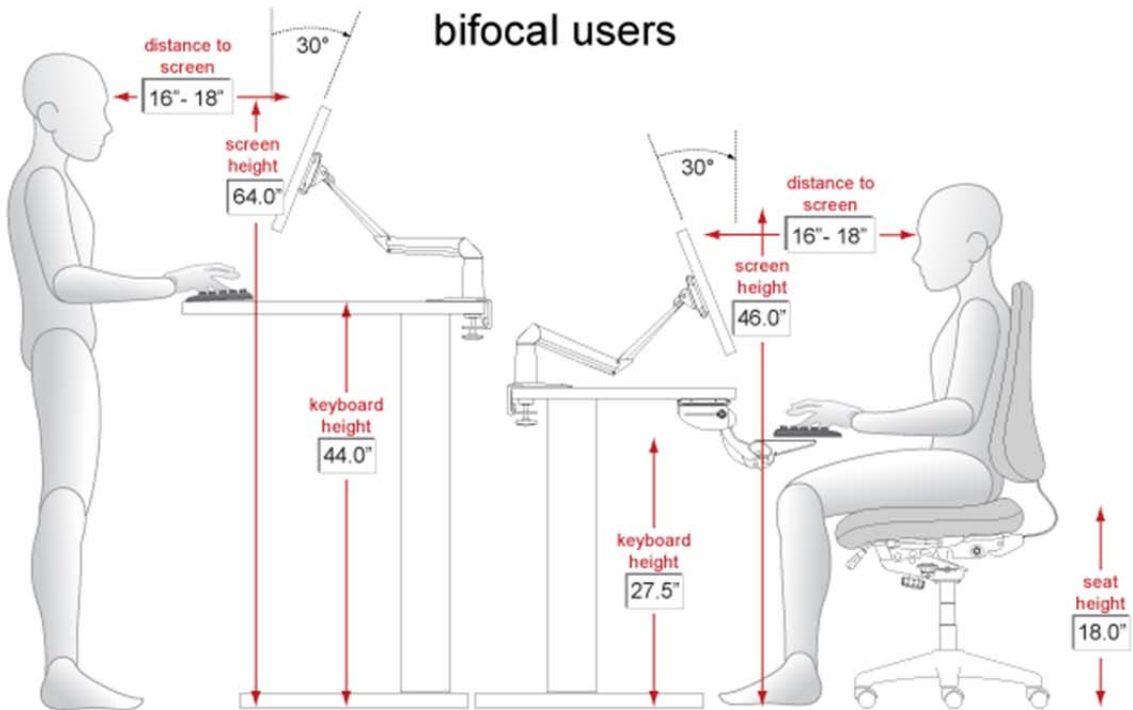
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Workstation Heights – 5'0" – 6'3"

Your height: 6'0"



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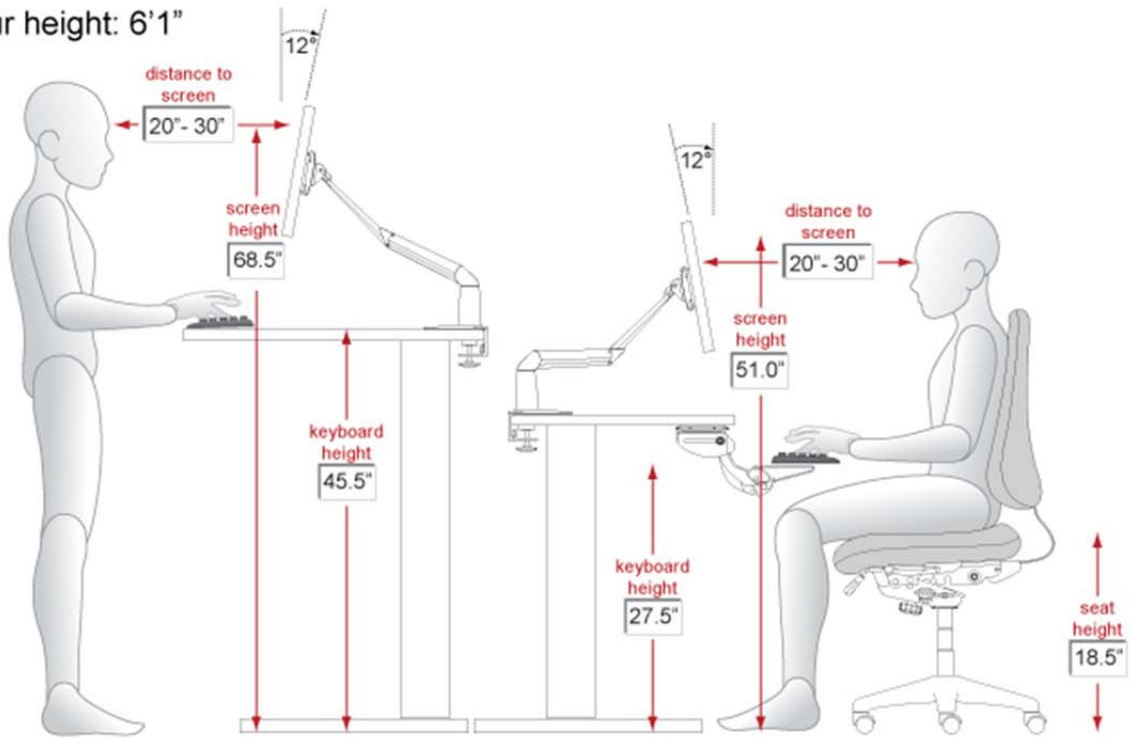


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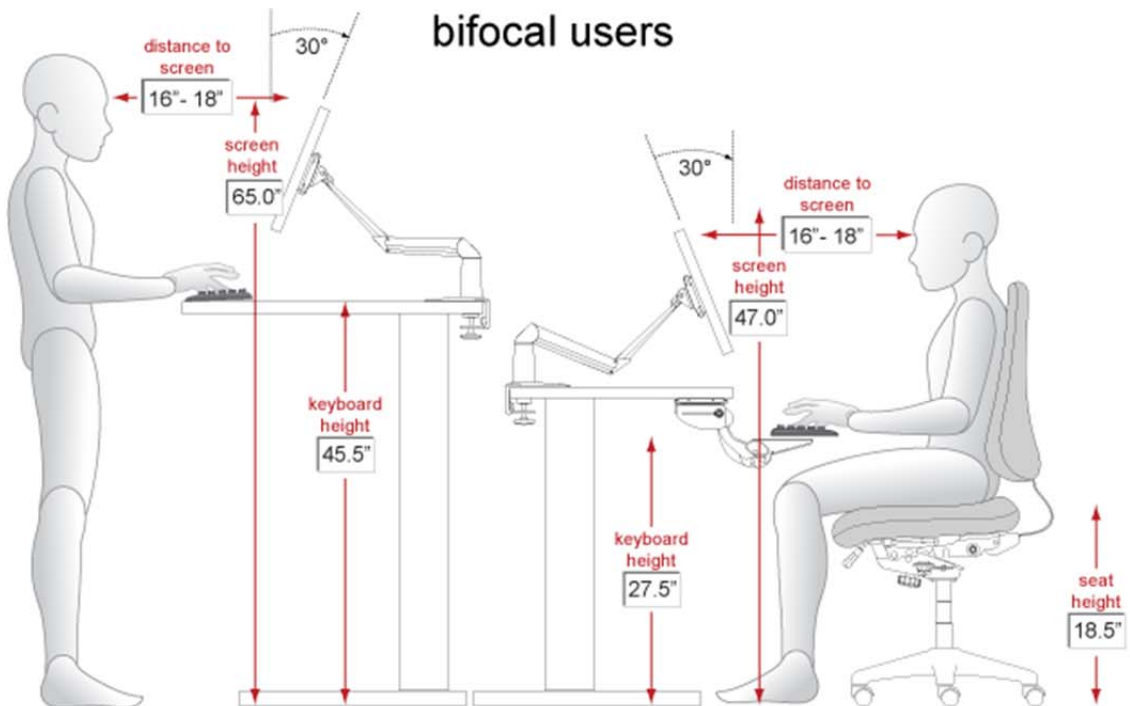
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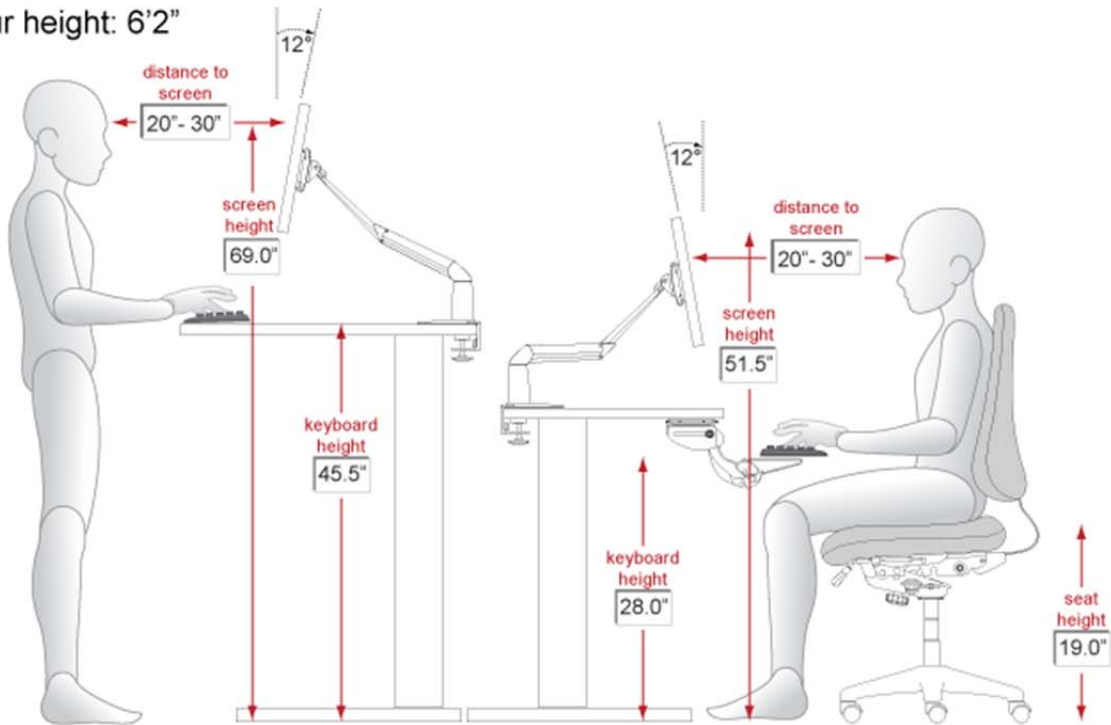


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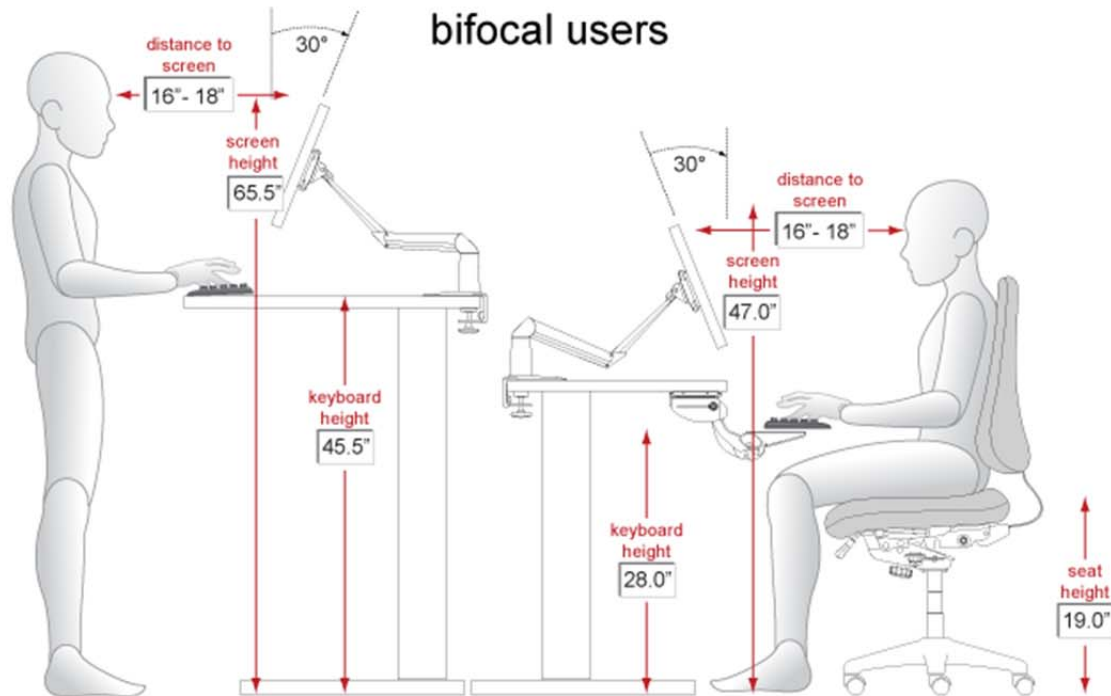
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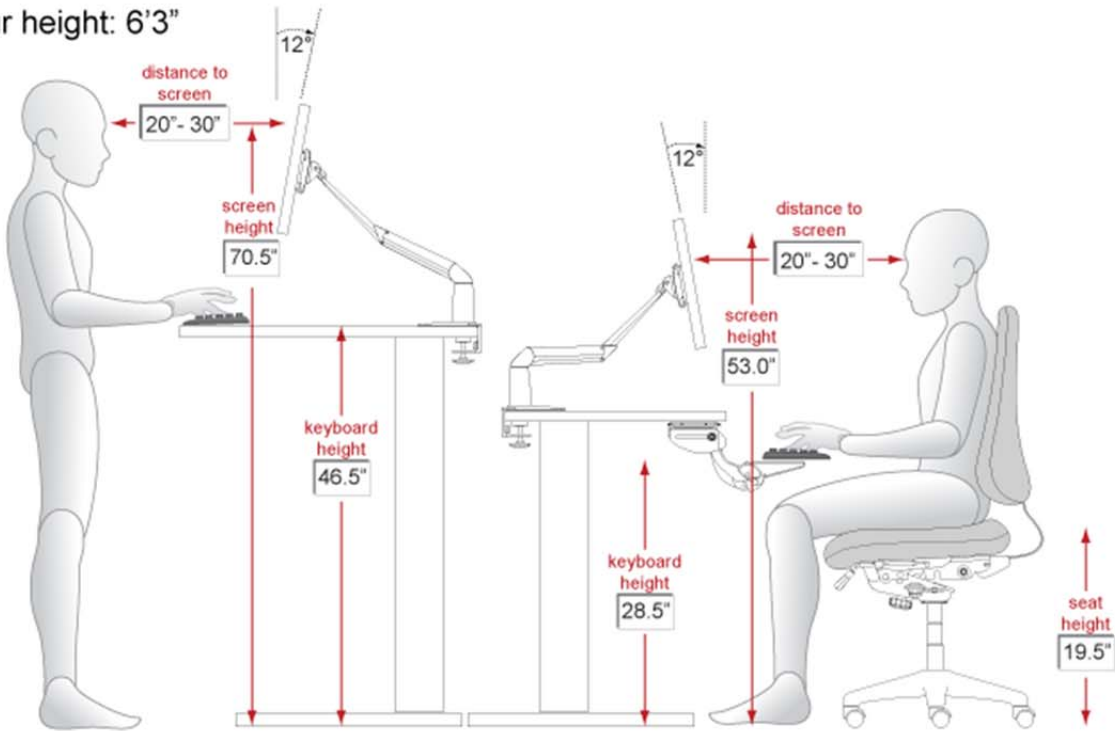


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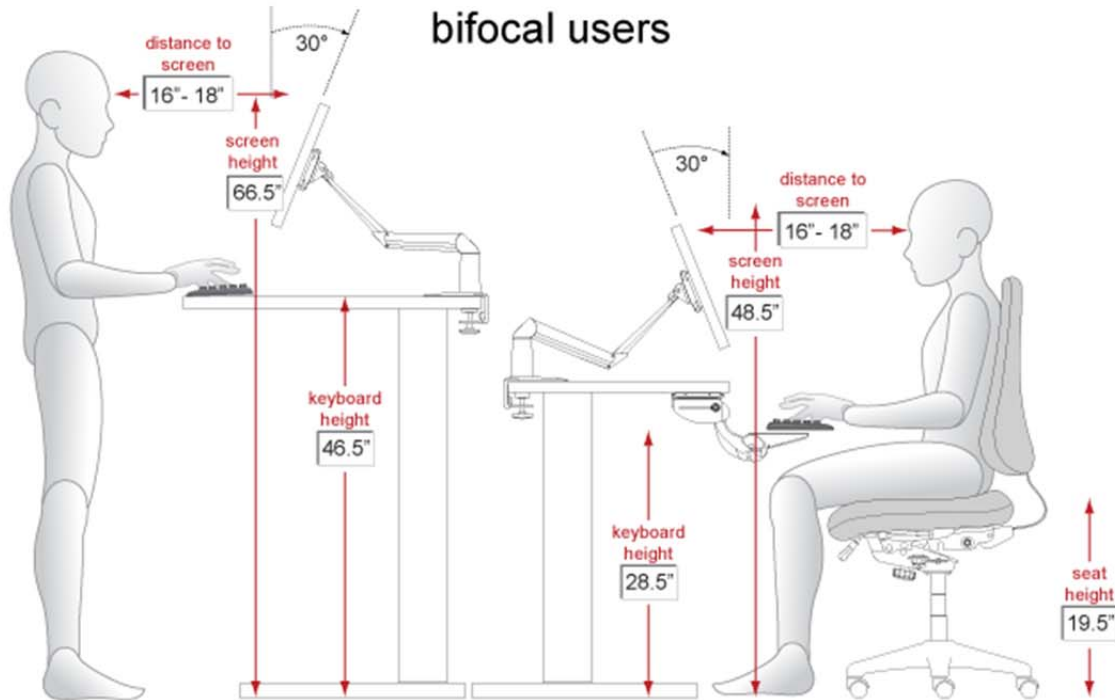
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