

Chair & Table Height Guidelines

It comes down to a simple formula—comfort equals concentration and contentment. If children have furniture shaped to support their bodies' best posture, they can stay focused on the work, or play in front of them.

Determine the best chair height by seating a child with knees at 90° and feet flat on the floor. The distance from the floor to the seating surface is the chair height you want.



Children should never sit for prolonged periods in the wrong size chair with their feet dangling. A chair should comfortably fit the child and allow the child to sit in a natural, relaxed, supported way while keeping his/her feet on the floor or a stable surface to improve postural stability.

— **Professor Alan Hedge, Ph.D., CPE**, Director
Human Factors and Ergonomics Laboratory
Cornell University



To determine correct chair and table height:

- 1. Chair seat height** is the most important calculation you can make. If a child's feet are flat on the floor and her knees are bent at a 90° angle, you have the correct chair for ergonomic, comfortable seating. The chart on the right gives you chair height recommendations by age.
- 2. Then pick a table to match.** In most cases, table tops should be 8 inches above the chair seat, so the table and chair can work together for a child's good posture. (There's a little leeway for toddlers—see guidelines on facing page.)



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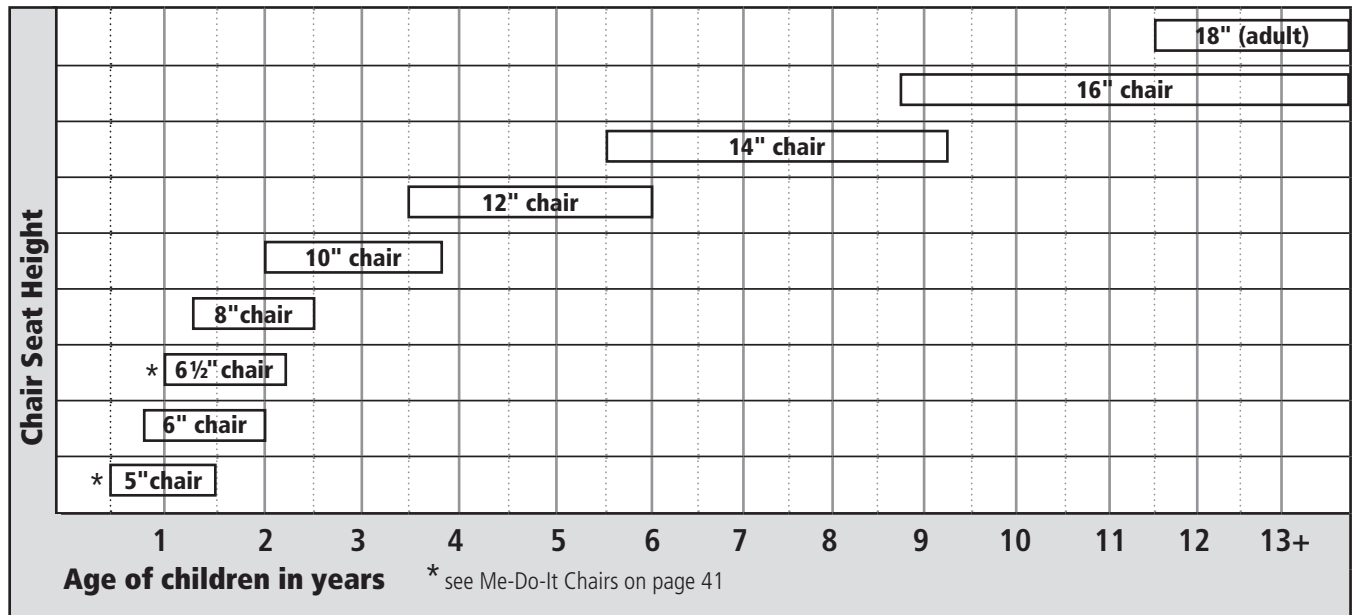


Table Top Height Guidelines

Chair Seat Height	5"	6"	6½"	8"	10"	12"	14"	16"	18"
Table Top Height	12"	13"	14"	16"	18"	20"	22"	24"-26"	26"-30"
Desk Top Height with allowance for storage compartment	NA	NA	NA	NA	NA	22"	24"	26"-28"	28"-30"

Table Leg Options (dimensions in inches)

