

Workspace Planner Worksheet

Follow the steps below when planning your workstation using the online Planning Tool at www.computingcomfort.org. The values displayed when you click on your height will help you place your equipment to establish Neutral Posture, the basis of a comfortable computing workstation.

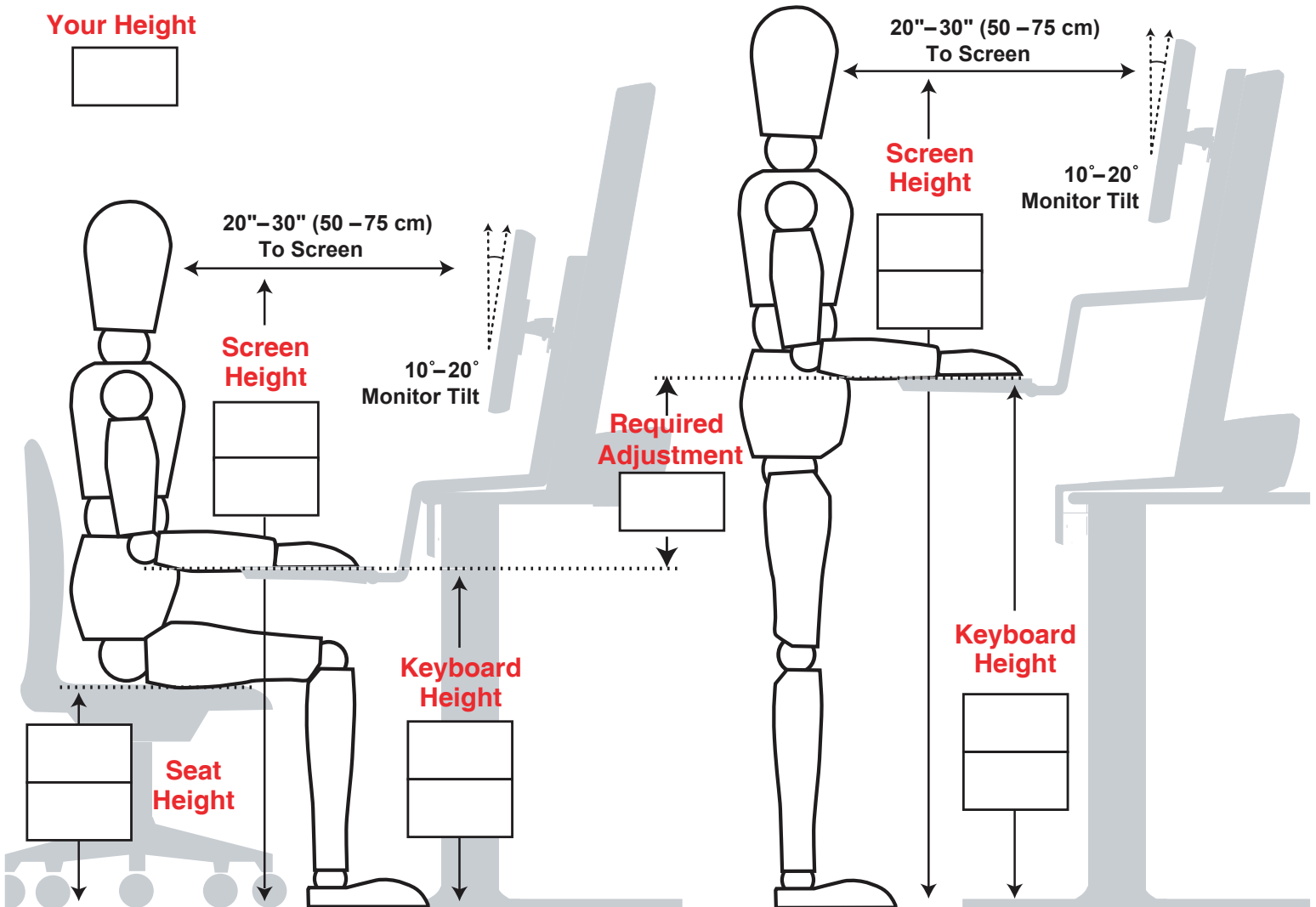
1) Circle your height (the number you clicked on the screen).

5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	
cm	152	155	157	160	163	165	168	170	173	175	178	180	183	185	188	191	193

2) Write the values displayed on your computer screen in the top set of boxes.

3) Measure the heights of your Chair Seat, Keyboard and Monitor; write the measurements in the bottom boxes.

4) Install and adjust workstation components as depicted.



Note: The values represent average dimensions for people of your stature and do not account for variations due to gender, age or body type. Refer to the values as a starting point, rather than the final mounting height of your computer equipment. Values are derived without clothing allowances. Always add shoe height to figure proper measurement. Additional factors may apply. Consult with an ergonomist for more detailed information. Values are based on the 1988 Anthropocentric Survey of the U.S. Army Personnel database. And remember to adjust the position of equipment as your body posture changes!