

Table for office work

Table height

An office table should be adjustable in height between 65 and 85 centimetres. This will allow it to be adjusted to the height of most employees. Special solutions must be found for employees who are particularly small or tall.

A sit-stand model can be selected for office tables at which employees are seated for more than half the week. This kind of table should be adjustable between 65 and 125 centimetres. This allows for healthy alternation between seated and standing activities.

Table top

Take care when selecting the table top that it is not made of a cold material such as metal. Reflective surfaces should also be avoided as they can cause glare.

With a work surface of at least 160 by 80 cm, you have enough room to set up a monitor, keyboard and mouse ergonomically.

And with rounded-off corners, you can avoid painful bruising.

Footrest

A footrest can be helpful if your feet do not reach the floor. It is, however, only a temporary solution. It is better to adjust the table and chair to your height.





Office chair

An ergonomic chair has a height-adjustable backrest or a separately adjustable lumbar support. It is important that the seat of every chair can be adjusted in height and depth. Armrests are not absolutely necessary. Should the chair be fitted with armrests, these should be adjustable in height, width and depth.

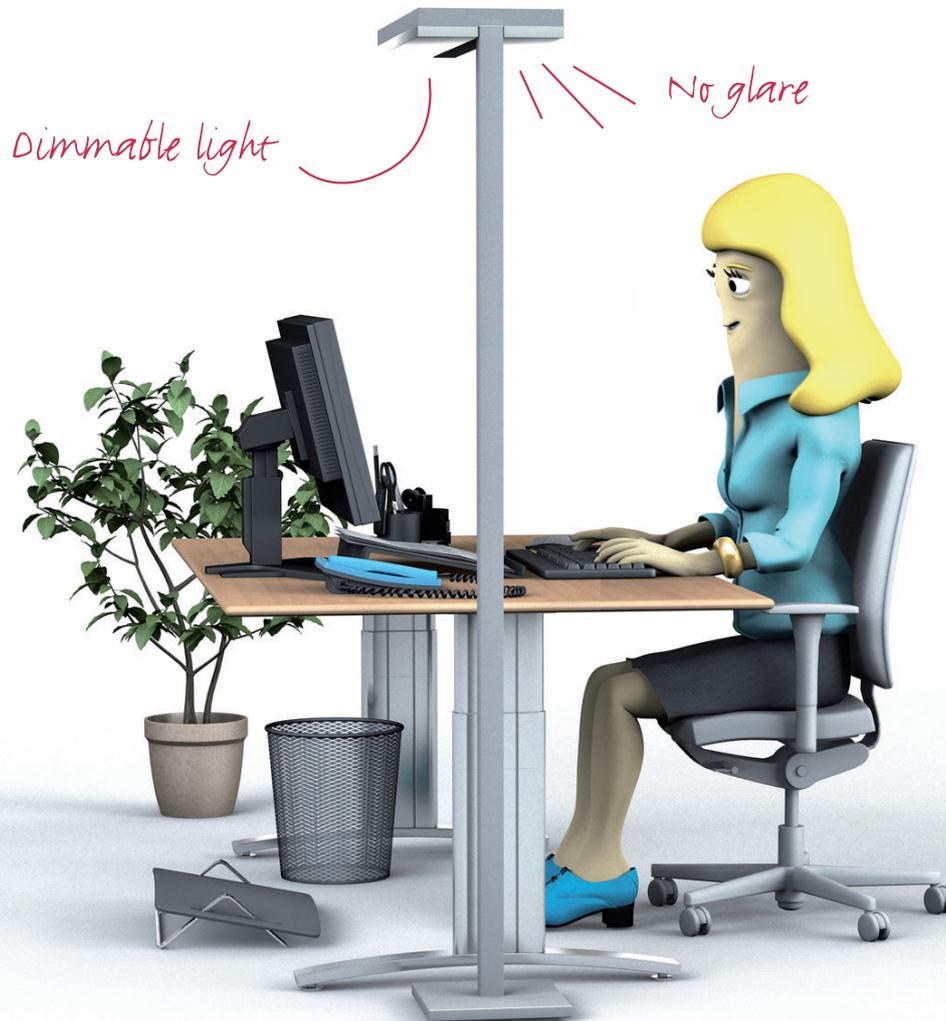
→ Check your posture

1. Close your eyes!
Is your head lightly balanced without having to exert any strength? No? Then you are not sitting correctly.
2. Breathe in and out deeply!
Are you breathing in only as far as your chest or does your belly also expand? The better and deeper you are able to breathe, the better your posture when sitting.





Colour temperature: 3300 to 5300 Kelvin



Lighting for office work

Ambient office lighting should be a minimum of 500 Lux. As one gets older, the eyes require more light, so additional lighting that is individually adjustable should be provided for each workstation.

Office lighting should be individually adjustable and not cause any glare. Make sure that the light is neutral white or warm white and between 3300 and 5300 Kelvin for computer work.

