

# Ideal Desk Height by Body Height

*BIFMA G1 + Cornell ergonomic neutral, in a single page*

## Seated keyboard height

Elbows at  $\sim 90^\circ$  with shoulders relaxed. Keyboard surface should land at elbow height: 5'2" (157 cm)  $\rightarrow$   $\sim 24"$  / 61 cm. 5'6" (168 cm)  $\rightarrow$   $\sim 25.5"$  / 65 cm. 5'10" (178 cm)  $\rightarrow$   $\sim 27"$  / 69 cm. 6'2" (188 cm)  $\rightarrow$   $\sim 28.5"$  / 72 cm.

## Standing keyboard height

Standing, elbows still at  $\sim 90^\circ$ . 5'2"  $\rightarrow$   $\sim 37"$  / 94 cm. 5'6"  $\rightarrow$   $\sim 40"$  / 102 cm. 5'10"  $\rightarrow$   $\sim 42"$  / 107 cm. 6'2"  $\rightarrow$   $\sim 44"$  / 112 cm. Most quality sit-stand desks travel 24–50" — covers everyone in this range.

## Monitor height (top edge)

Top of screen  $\approx$  pupil height when seated. With a 27" monitor on the desk surface, that's typically 4–6" too low. Use a VESA arm or a monitor riser. Standing-desk users: re-check monitor height after every transition — it's the #1 forgotten adjustment.

## Chair seat pan height

Feet flat, knees  $\sim 90^\circ$ , 2–4 finger gap between knee crease and seat edge. 5'2"  $\rightarrow$   $\sim 16"$ . 5'6"  $\rightarrow$   $\sim 17"$ . 5'10"  $\rightarrow$   $\sim 18"$ . 6'2"  $\rightarrow$   $\sim 19"$ . A good office chair travels 16–21" — covers the same range without a footrest.

## Footrest if your feet dangle

If you can't get the desk lower (fixed-height office furniture, shared desk), get the chair right and add a footrest. Cornell: dangling feet load the back of the thighs and shut down circulation within 90 minutes.

## Sit-stand cycle target

Cornell recommends  $\sim 30$  minutes sitting /  $\sim 10$  minutes standing /  $\sim 2$  minutes walking, repeating. NOT all-day standing — that's worse for circulation than all-day sitting.