

1. Anthropometric Height Matrix (Inches & CM)

Based on official ANSI/BIFMA G1-2017 Ergonomic Standards. Calibrated for 90-degree typing angles.

Your Height	Sitting Desk	Standing Desk	Chair Seat	Monitor Eye Level
4'10" (147 cm)	21.5" (55 cm)	34.0" (86 cm)	14.0" (36 cm)	37.5" (95 cm)
5'0" (152 cm)	22.5" (57 cm)	35.5" (90 cm)	14.5" (37 cm)	39.0" (99 cm)
5'2" (157 cm)	23.0" (58 cm)	37.0" (94 cm)	15.0" (38 cm)	40.5" (103 cm)
5'4" (163 cm)	24.0" (61 cm)	38.5" (98 cm)	15.5" (39 cm)	42.0" (107 cm)
5'6" (168 cm)	25.0" (64 cm)	40.0" (102 cm)	16.0" (41 cm)	43.5" (110 cm)
5'8" (173 cm)	26.0" (66 cm)	41.5" (105 cm)	16.5" (42 cm)	45.0" (114 cm)
5'10" (178 cm)	27.0" (69 cm)	43.0" (109 cm)	17.0" (43 cm)	46.5" (118 cm)
6'0" (183 cm)	28.0" (71 cm)	44.5" (113 cm)	17.5" (44 cm)	48.0" (122 cm)
6'2" (188 cm)	29.0" (74 cm)	46.0" (117 cm)	18.0" (46 cm)	49.5" (126 cm)
6'4" (193 cm)	30.0" (76 cm)	47.5" (121 cm)	18.5" (47 cm)	51.0" (130 cm)
6'6" (198 cm)	31.0" (79 cm)	49.0" (124 cm)	19.0" (48 cm)	52.5" (133 cm)

2. The Cornell 20-8-2 Ergonomic Routine

20 MINS • SITTING

Sit upright with back supported by lumbar contour. Elbows at 90 degrees, feet firmly flat.

8 MINS • STANDING

Raise desk to standing elbow height. Shift weight frequently on an anti-fatigue mat.

2 MINS • WALKING

Walk, stretch hip flexors, or do gentle calf raises. Restores blood circulation instantly.

3. 5 Essential Ergonomic Checkpoints

- 1. Elbow Angle: Forearms must rest parallel to floor with 90° to 100° bend. Never shrug shoulders.
- 2. Monitor Eye Level: Top 1/3 of screen bezel aligned with horizontal eye level (prevents cervical neck tilt).
- 3. Eye Distance: Screen positioned 20 to 30 inches away (roughly arm's length to fingertips).
- 4. Lumbar Alignment: Lumbar support fits snugly into inward curve of lower back (L1-L5 lordosis).
- 5. Feet Placement: Feet resting 100% flat on the floor or on an angled ergonomic footrest.