

# How the desktop affects ergonomics

[Business](#), [Work](#)



Today we are going to tell you how the desk affects ergonomics in the office and how to choose the best table for your health. Do not miss it!

Ergonomics is a key concept in the design of an office and we can never lose sight of it. The way of working has changed and nowadays ergonomics prevails to avoid future injuries and other problems derived from bad posture when working. Comfort in the workplace helps us to achieve better results as well as to work better. Normally, attention is focused on office chairs, but the desk is also a very important element that we must take into account when designing an ergonomically correct office.

Today we are going to focus on the desk to discover how the desk affects the ergonomics of our position. Not all jobs have the same needs, it depends a lot on the movements that we need to make. For this reason you may find this article about ergonomics at your office table interesting. Because if you do an office job sitting at a desk and using a computer, in this article we give you guidance on what your ergonomic needs are to take care of your health.

If we take into account all these aspects when designing our office, we will achieve more efficient work environments designed to work comfortably and efficiently. On the one hand, we will be able to benefit our workers, avoiding the risk of injury or diseases of the back or sight. By studying and facilitating the different tasks within the company, we will achieve better productivity and efficiency as well as greater motivation and involvement on the part of employees. Finally, it will be those small details that will help us to improve the work day by day, making it more pleasant for everyone.

## **Ergonomic desk**

The design of conference room furniture goes beyond a mere arrangement of furniture in space. It is essential to take into account different factors that will directly affect the development of work activity. For the desk to be ergonomic we must take into account a series of requirements that are essential when choosing it. If you go to a specialist in safe office furniture they can advise you on the best table for each type of office work and they will have models specifically designed for them. But it is always good to know what are the points to keep in mind so that your office table is ergonomically correct.

## **Height**

The work table should have an average height of 70 cm and allow the mouse to be parallel to the keyboard. Its height should allow us to support the elbow, with space below for legs and knees. It is important to always have enough space under the table to move your legs with comfort. The ideal height that a desk should offer is between 70.5 centimeters and 73 centimeters. In any case, this factor must be adapted to the worker and the chair chosen to set up the job.

## **Everything by hand**

It is important to place things on the table, so that all objects and tools often used can be reached without difficulty and do not cause forced positions or bad postures that recur periodically causing pain. The chest of drawers should be handy and easy to open. We must also take into account the

wiring so that it is as orderly as possible and does not become entangled. Many tables are already equipped with cable holders to avoid it.

### **Dimensions of the table**

The dimensions associated with an ergonomic work table are between 80 centimeters wide and 120 centimeters long. But, due to the different forms of the desk tables and the functions that can be fulfilled, it is maintained that the minimum should be an area of 0.96 square meters. There are many different table types with very different shapes, sizes and distributions that we can use. The best thing is to be advised by a specialist, who will have the tables adapted to all the needs we may have depending on the work space we have to set up our office.

### **Mobility**

Mobility is another very important concept to take into account in the ergonomics of the workplace. Nothing of too narrow posts in which we find boxed and without mobility, because it can be very harmful to our health. The space that occupies the work table should allow to move easily in it and also around it without there being obstacles that prevent it. Also keep in mind that the arms of the chair do not trip over the table, as they would cause our position was not correct and the ergonomics in the office would be impaired.

### **Space under the table**

The space under the table must also be taken into account. The furniture should allow the worker to move the legs easily and at least 65 centimeters

from the floor should be in the part closest to the chair to be considered comfortable.

**Distance to the screen**

Another source of postural problems may be the computer screen, that object to which many spend most of our workday. The screen must be positioned directly in front of the user with the upper edge at eye level. In this way we will keep a correct alignment of the head as a greater inclination of the head up or down could cause cervical injuries. The ideal viewing angle is between 35 and 40 degrees with the screen tilted backwards by 10 to 20 degrees. Another important aspect to keep in mind is to adjust the light and contrast of the screen. The computer screen should be placed about 50cm from us and we should keep it clean and avoid reflections from both the windows and the interior lighting.