

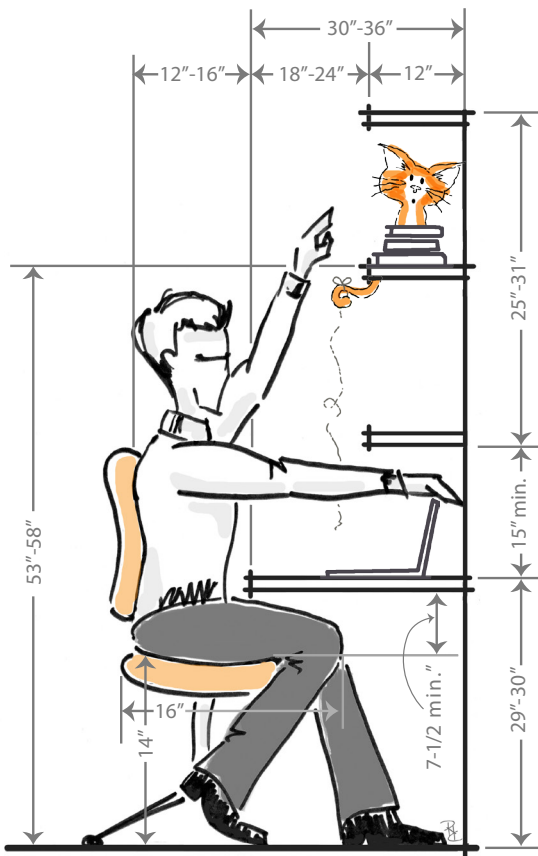
design exposé

GUIDELINES. TIPS. INFORMATION.

HUMAN REACH: ERGONOMICS IN THE HOME OFFICE

When you install counters, cabinets and writing surfaces for your clients, there are dimensions that you, as a professional, will want to keep in mind. Adhering to standardized measurements of reach contributes to your clients' comfort and physical health.

This issue of Design Exposé examines the specifics of human reach for adult men and women in their home office space. In cases where home office cabinetry will be for family use, we recommend the following:



Basic Workstation With Vertical Storage

"THE BEST WAY TO KNOW WHAT PEOPLE WANT AND NEED IS NOT BY ASKING THEM, BUT BY UNDERSTANDING THEM."

NIELS DIFFRIENT 1928-2013

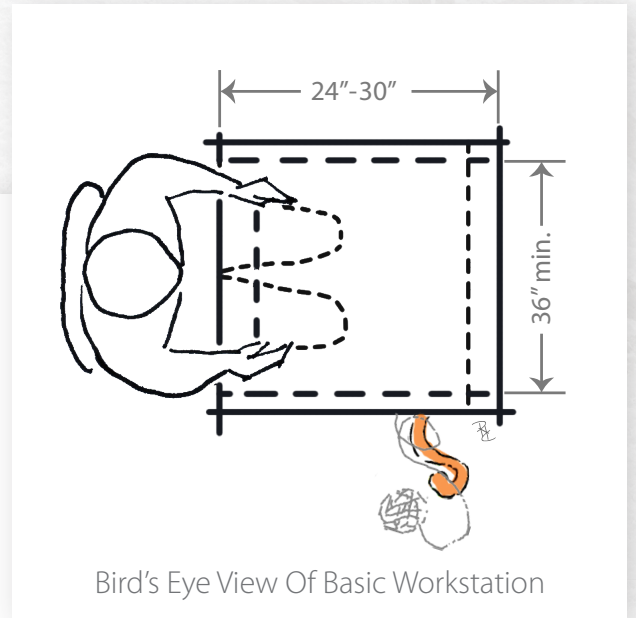
DIMENSIONAL REQUIREMENTS FOR HOME OFFICE CABINETRY AND WRITING SURFACES

- Desk height finishes at 29" to 30" from the floor.
- Desk depth should be a minimum of 21".
- Allow for knee height space. Eliminate a desk drawer for very tall users.
- The desk area should be wide enough to accommodate a 36" wide opening for the knees underneath the writing surface. This will allow the user to comfortably turn without knocking off their kneecaps.
- Left-handed or right-handed? For lefties, there should be workspace to the right of the knee hole, and the opposite for right-handed users.
- Wall cabinets should be installed a minimum of 15" from the desktop or about 48" from the floor. More space may be required in cases of exceptionally large monitor use.
- Wall cabinet depth should be a minimum of 12", but consider increasing the depth to 15" whenever possible to accommodate large binders and books.

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HUMAN REACH: ERGONOMICS IN THE HOME OFFICE (CONTINUED)



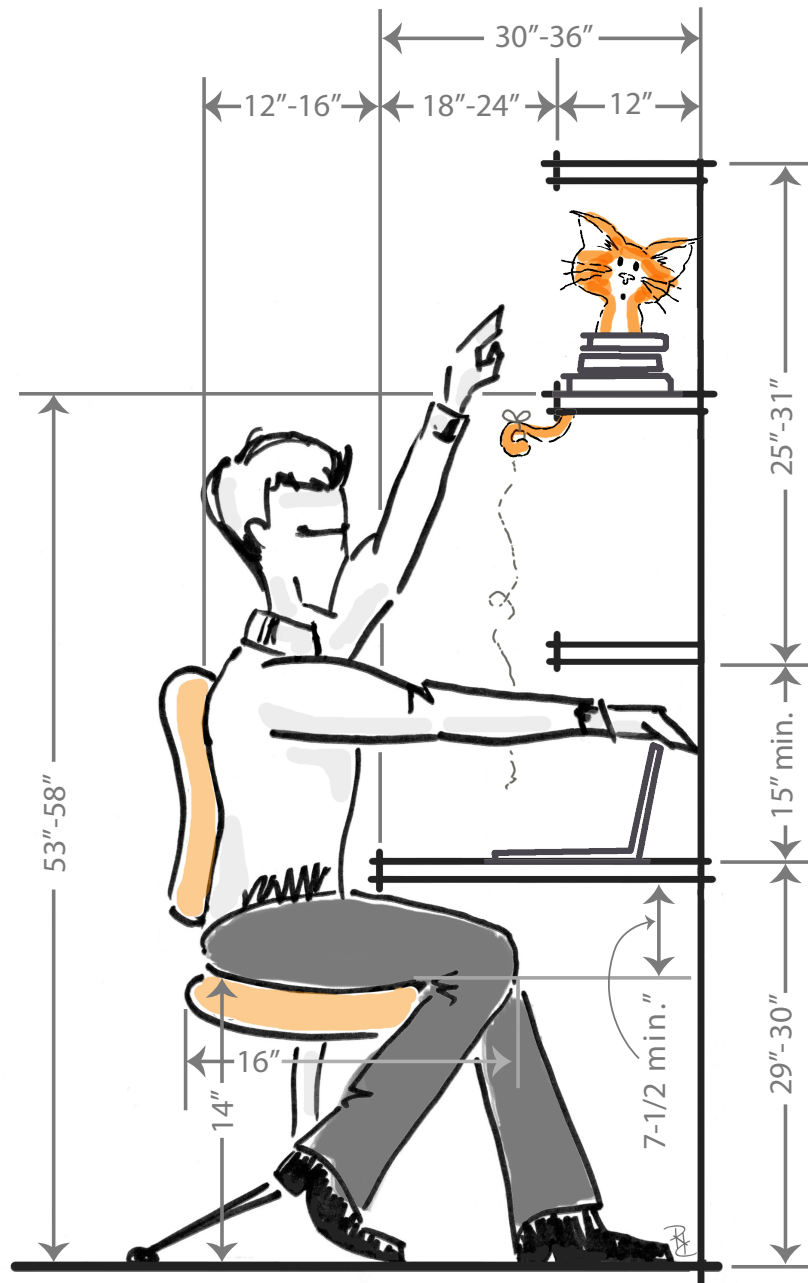
OTHER CONSIDERATIONS

- Allow 32" minimum for back-of-chair clearance between the desk and a wall. For a properly spaced work and activity zone, 42" of clearance is recommended between the back of the desk and the adjacent credenza. If foot traffic must flow behind the desk area, consider allowing extra space. 44" is recommended.
- An open cabinet near the desk for a printer is very convenient.
- Be prepared to drill a hole at the back of the writing surface to accommodate a cable-management grommet.
- Consider extra support for wall cabinets where printer paper and books will be stored.
- Ideally there will be 18" of writing surface on either side of the computer to accommodate both left- and right-handed users.
- Don't forget seating. An ergonomic chair will ensure comfort and focus.

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HUMAN REACH: ERGONOMICS IN THE HOME OFFICE (CONTINUED)

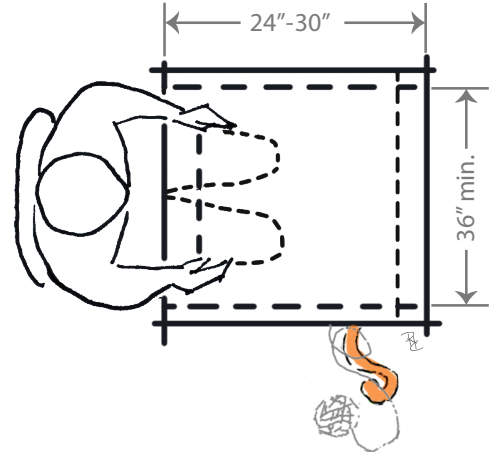


Basic Workstation With Vertical Storage

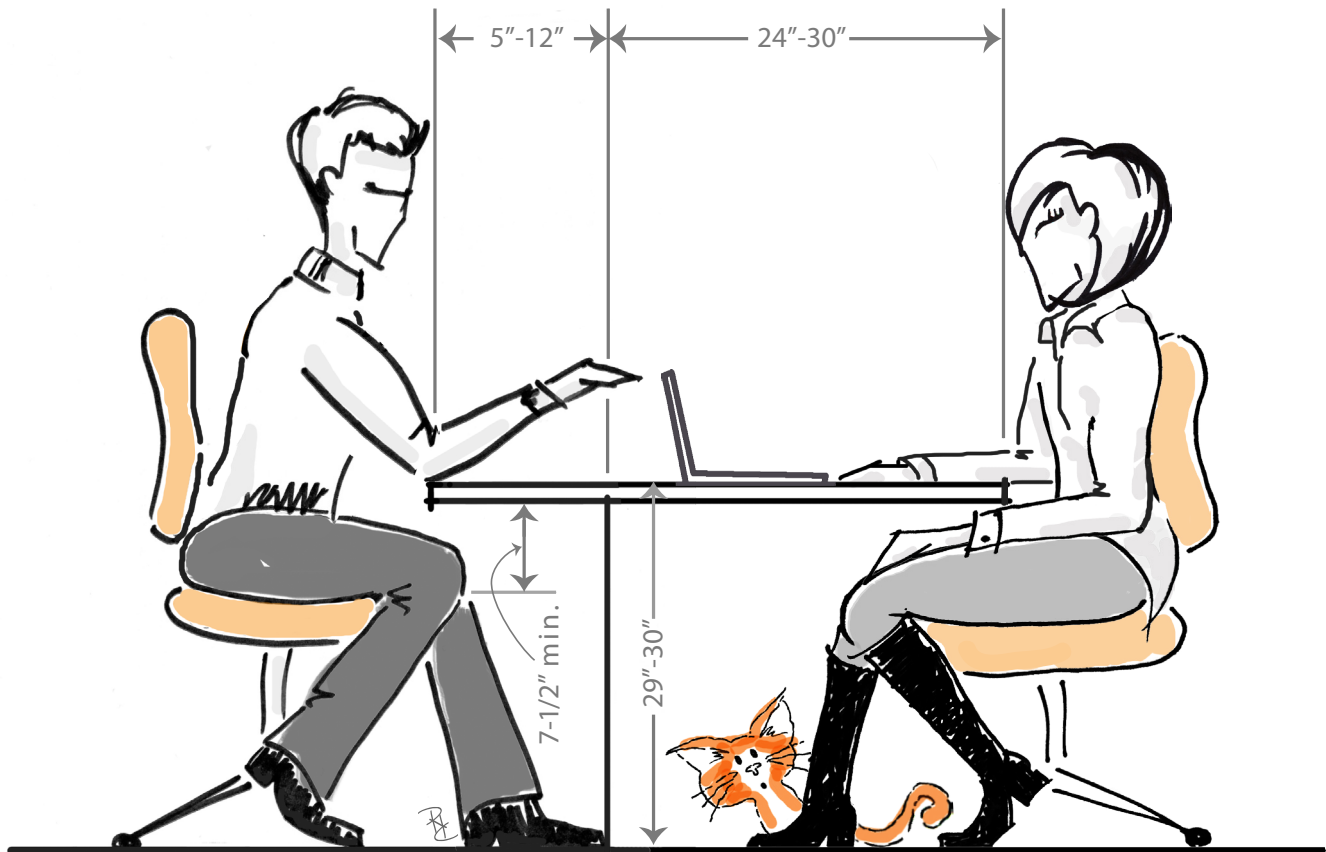
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Bird's Eye View Of Basic Workstation



Executive Workstation