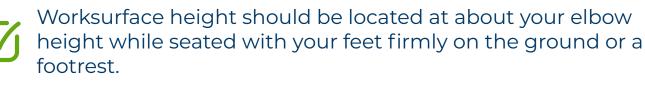


An office desk should be good quality, and the right size and height for your environment.

## Non-Adjustable Desk

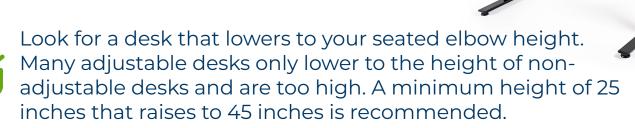
Worksurface depth should be at least 24 inches, optimally 30 inches. If less than that, you may be too close to the monitor.





Most fixed desks are too high at 29-30 inches. Keyboard trays or raising your chair (using a footrest) are acceptable solutions.

## Adjustable Desk



- Electric units tend to be easiest to adjust, some models even allow heights to be pre-programmed.
  - Worksurface depth should be at least 24 inches, optimally 30 inches. If less than that, you may be too close to the monitor.

Worksurface height should be located at about your elbow height while seated with your feet firmly on the ground or a footrest.

Desk converters are generally not recommended, but may work in specific situations.



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Sit Stand Workstations