

4. Work station: obstructions



What do you see or notice in terms of:	Note: For background information, see other side.	
• obstructions at the work station?		
obstructions under the work surface?		
In conclusion, the current situation	is acceptable	needs improvement
In conclusion, the current situation What <i>specific</i> improvements can be made?	is acceptable	needs improvement
	is acceptable	needs improvement







4. Work station: obstructions



We looked at	Why be concerned? (consequences)	Recommendations
Obstructions the workstation	If obstructed: • poor work postures • fatigue and back pain • less precise moves/control • increased risk of hitting something or being injured	 Have a clear access path that is 60 cm - 80 cm (24" - 31.5") wide Provide at least 1 m (39") clear space in front of & behind station Provide sufficient and adequate storage space Keep work station and work sur faces clean and tidy
Obstructions under the work surface	 Crossing legs impossible Static posture of feet and legs Fatigue 	Pay attention to recommendations about leg and foot room for seated workstations: • height for a desk - 65 cm (25.5"); typing - 60 cm (24") • knee room - 58 cm (23") wide • depth - 60 cm (24") Do not store things under the work surface.

Translated and adapted from SOBANE materials, available at www.sobane.be/fr/tms_obs.html



