





## 4. Work station: obstructions

Ergonomic  
design

We looked at ...	Why be concerned? (consequences)	Recommendations
<b>Obstructions the workstation</b>	If obstructed: <ul style="list-style-type: none"><li>• poor work postures</li><li>• fatigue and back pain</li><li>• less precise moves/control</li><li>• increased risk of hitting something or being injured</li></ul>	<ul style="list-style-type: none"><li>• Have a clear access path that is 60 cm - 80 cm (24" - 31.5") wide</li><li>• Provide at least 1 m (39") clear space in front of &amp; behind station</li><li>• Provide sufficient and adequate storage space</li><li>• Keep work station and work surfaces clean and tidy</li></ul>
<b>Obstructions under the work surface</b>	<ul style="list-style-type: none"><li>• Crossing legs impossible</li><li>• Static posture of feet and legs</li><li>• Fatigue</li></ul>	Pay attention to recommendations about leg and foot room for seated workstations: <ul style="list-style-type: none"><li>• height for a desk - 65 cm (25.5"); typing - 60 cm (24")</li><li>• knee room - 58 cm (23") wide</li><li>• depth - 60 cm (24")</li></ul> Do not store things under the work surface.

Translated and adapted from SOBANE materials, available at [www.sobane.be/fr/tms\\_obs.html](http://www.sobane.be/fr/tms_obs.html)

