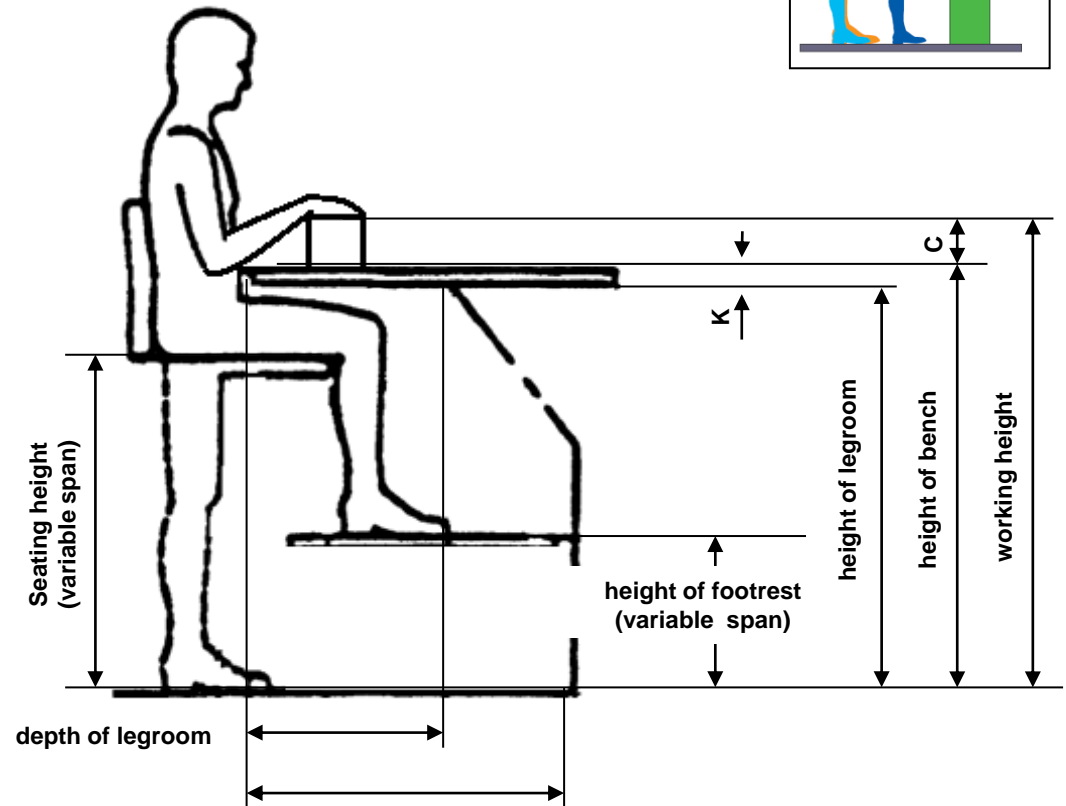
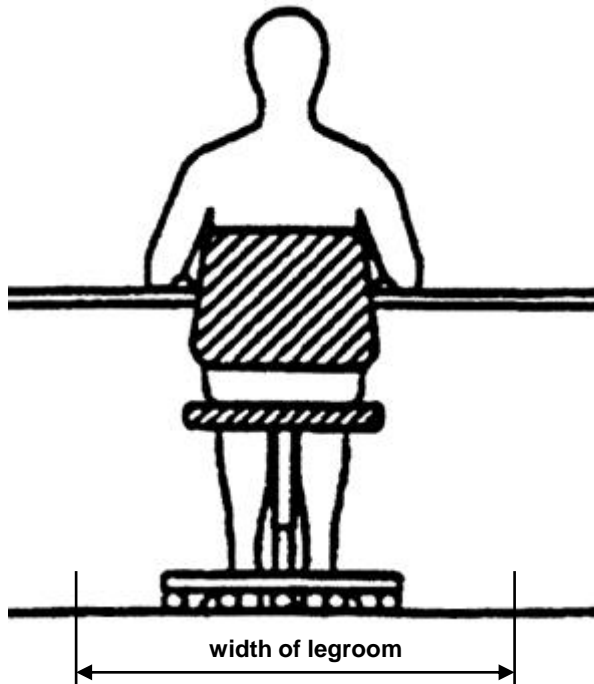
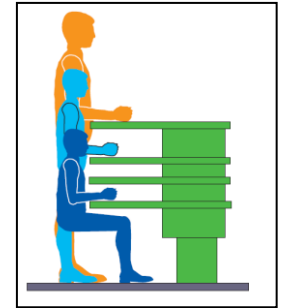


# [1a] Workplace for sit-stand position Variable height of bench



- › Dimensions with supplement for movement of feet (following DIN EN ISO 14738: 2009-07, DIN CEN ISO/TR 7250-2)
- › All dimensions in [mm]



# [1a] Workplace for sit-stand position

## Variable height of bench



**Table 1: Dimensions [mm] for work tasks with “high requirements for visual control” and “fine motor skills” (k=1,2) (following DIN EN ISO 14738: 2009-07, DIN CEN ISO/TR 7250-2)**

	Europe	Germany			Korea		
	M/F	M	F	M/F	M	F	M/F
Working Height	560-1464	650-1440	590-1326	590-1440	615-1368	573-1268	573-1368
Height of Bench	Working height- C	Working height-C	Working height-C	Working height-C	Working height-C	Working height-C	Working height-C
Height of Legroom	Height of Bench-K	Height of Bench – K	Height of Bench – K	Height of Bench – K	Height of Bench – K	Height of Bench – K	Height of Bench – K
Depth of Legroom	547	505	485	505	474	449	484
Depth of Footwell Area	882	840	795	840	720	685	730
Width of Legroom	790	770	810	810	735	733	735
Seating Height	370-535	440-520	405-480	405-520	395-467	363-433	363-467

# [1a] Workplace for sit-stand position

## Variable height of bench



**Table 2: Dimensions [mm] for work tasks with “average requirements for visual control and/or fine motor skills” (k=1) (following DIN EN ISO 14738: 2009-07, DIN CEN ISO/TR 7250-2)**

	Europe	Germany			Korea		
	M/F	M	F	M/F	M	F	M/F
Working Height	560-1225	650-1205	590-1110	590-1205	615-1145	573-1062	573-1145
Height of Bench	Working height-C	Working height-C	Working height-C	Working height-C	Working height-C	Working height-C	Working height-C
Height of Legroom	Height of bench-K	Height of bench-K	Height of bench-K	Height of bench-K	Height of bench-K	Height of bench-K	Height of bench-K
Depth of Legroom	547	505	485	505	474	449	484
Depth of Footwell area	882	840	795	840	720	685	730
Width of Legroom	790	770	810	810	735	733	735
Seating Height	370-535	440-520	405-480	405-520	395-467	363-433	363-467

# [1a] Workplace for sit-stand position

## Variable height of bench



### Definitions:

- › **C** is the distance between area of manual handling and work bench surface (height of object / tool)
- › **K** is the thickness of the work bench / desk top

### Further Information:

- › For checking purposes after design of work places it is always recommended to calculate and validate that there is enough free space for thighs ([calculation.pptx](#))
- › [Information to working height and height of work bench](#)
- › [Explanation of the parameter k](#) to consider visual and fine motor skills
- › [An example for the calculation of \[1a\]](#)