

DESK HEIGHT CHART



Use this as a guide to determine the right desk height for your body type. Generally, your elbows and forearms while resting on your armrest, should be parallel to the desk.

RECOMMENDED DESK AND CHAIR HEIGHT (CM)

YOUR HEIGHT	150	155	160	165	170	175	180	185	190
DESK HEIGHT	62	64	66	68	70	72	74	76	78
SEAT HEIGHT	41	42	43	44	46	47	49	50	51
SEAT DEPTH	38	38	38	39	40	41	41	41	41

NOTE: THESE MEASUREMENTS ARE FOR AVERAGE SIZED INDIVIDUALS.

[DESK HEIGHT CALCULATOR](#) *(external link)*

This calculator can help you find the optimum measurements for your seat, desk and monitor positions. It is provided for informational purposes only and should not replace medical advice.