

Important Landmarks

Sitting 5% female seat pan height: 5% female popliteal height = 360 (14 in)

Sitting 5% female table height: 5% female popliteal height + 5% female sitting elbow height = $360 + 185 =$ 545 mm (21.5 in)

Sitting 5% female computer height: $360 + 5\%$ female sitting eye height = $360 + 690 =$ 1050 mm (41.5 in)

Sitting 5% female forward reach: 5% female shoulder-grip length = 560 mm (22 in)

Sitting 95% male seat pan height: 95% male popliteal height = 495 mm (19.5 in)

Sitting 95% male table height: $495 + 95\%$ male sitting elbow height = $495 + 295 =$ 790 mm (31 in)

Sitting 95% male computer height: $495 + 860 =$ 1355 mm (53.5 in)

Standing 5% female table height: 5% female elbow height = 945 mm (37 in)

Standing 5% female computer height: 5% female eye height = 1420 mm (56 in)

Standing 95% male table height: 1190 mm (47 in)

Standing 95% male computer height: 1825 mm (72 in)

5% female to 95% male sit/stand height requirements:

Table height: sitting 5% female to standing 95% male = 545 mm to 1190 mm (21.5 in to 47 in) = 645 mm (25.5 in) range

Computer height: sitting 5% female to standing 95% male = 1050 mm to 1825 mm (41.5 in to 72 in) = 775 mm (30.5 in) range