



Height, cm	Height, sitting, cm			Height, standing, cm	
	Sitting Eye Height Range	Sitting Elbow Height Range	Seat Height Range	Standing Eye Height Range	Standing Elbow Height Range
152	105	57	36	141	93
155	107	58	37	144	94
157	110	59	38	146	95
160	111	60	38	148	97
163	113	61	39	151	99
165	115	62	40	153	101
168	117	63	41	156	102
170	118	64	41	158	104
173	120	65	42	161	106
175	122	66	43	163	108
178	124	67	44	166	109
180	125	68	44	168	111
183	127	68	46	171	112
185	129	69	46	173	113
188	131	71	48	175	116
191	133	72	48	178	117
193	135	72	49	182	119

Ergonomics at First

Statistically we spend at work aprox 2000 hours per year.

Back aches, eye strain and carpal tunnel syndrome are just a few common work-related injuries. Effective and successful "fits" assure high productivity, avoidance of illness and injury risks, and increased work satisfaction. Back aches, eye strain and carpal tunnel syndrome are just a few common work-related injuries. Effective and successful "fits" assure high productivity, avoidance of illness and injury risks, and increased work satisfaction.

Ergolain X-RAY office system helps to set up your work space to avoid these and other problems.



An Ergolain X-RAY office system is designed to create good working environment.



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