

Your Workstation Check

Hi Ravi,

This report works out the chair, desk and monitor heights that suit your height, then checks them against how you were actually sitting in your photo. Where the two disagree, the photo wins — it shows what your body is really doing — and we give you the exact height to aim for.

Treat the heights as targets: set things up, live in them for a day, and tweak until it feels effortless. Good ergonomics is something you stop noticing.

IMPORTANT — PLEASE READ

This report is generated automatically from your answers and your photo. It is a screening tool to raise awareness — it has not been reviewed by a clinician, and it is not a medical assessment.

Ideal heights use validated anthropometric models: Chakrabarti 1997 (NID) and Pheasant & Haslegrave 2006 (Bodyspace).

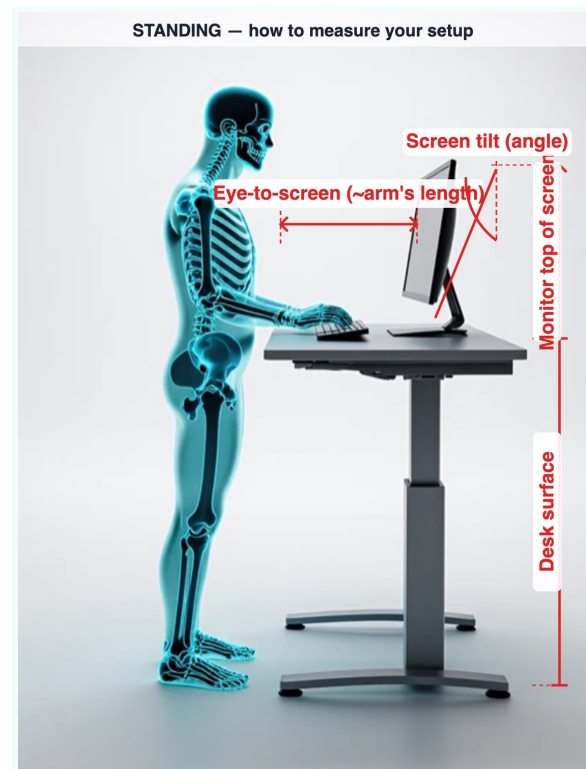
Your Ideal Setup

Set your chair, desk and screen to these targets — for sitting and standing both. Live in them for a day and fine-tune to comfort.



SEATED

Chair seat height	44.6 cm
Desk surface	71 cm
Monitor — top of screen	121.6 cm
Eye-to-screen distance	50–70 cm



STANDING

Desk surface	108.1 cm
Monitor — top of screen	165.3 cm
Screen tilt	8°
Eye-to-screen distance	50–70 cm

GETTING IT RIGHT

Top of the screen at or just below eye level; elbows near a right angle, forearms level with the desk; feet supported, thighs parallel to the floor. Alternate sitting and standing rather than standing for long stretches.

How You Were Sitting — and the Fixes

OVERALL

Nearly there

Your desk heights are close, but your photo shows fixes worth making — start with: lower your chair.

No side photo
on file

IDEAL vs YOUR PHOTO

	IDEAL	YOURS	GAP
Elbow	80–100°	43°	-37°
Neck	0–20°	27°	+7°
Back	0–20°	-2°	on target
Knee	90–110°	48°	-42°

IMPORTANT Lower your chair

Your forearms angle downward — lower your chair so your elbows open toward a right angle. — aim for about 44.6 cm.

IMPORTANT Adjust your seat

Your knees are bent tight — adjust your seat height or depth so your knees open toward a right angle. — aim for about 44.6 cm.

IMPORTANT Raise your monitor

Your head tips down to the screen — raise your monitor so the top sits near eye level. — aim for about 121.6 cm.

WHAT THE PHOTO SHOWED

! Elbow

! Neck

o Trunk

! Knee

Where You Feel It — and Why

You told us where you feel discomfort. Where your photo shows a posture that would explain it, we've linked the two — that connection is what a height calculator alone can't make.

Shoulders

7/10

Your forearms angle downward — lower your chair so your elbows open toward a right angle. — aim for about 44.6 cm.

Lower back

6/10

No clear posture driver in your photo — watch this one; discomfort here can also come from habits away from the desk.

Hips

8/10

No clear posture driver in your photo — watch this one; discomfort here can also come from habits away from the desk.