

## Standing Desk Height Guide

Standing (Sit-stand) desks are quickly becoming a necessity in American workplaces. By limiting the amount of time you spend seated in a day, you can avoid a good amount of potential health risks. Standing desks also allow you to easily adjust your keyboard and monitor to proper heights and positions. Check out our standing desks or fill out our [standing desk height calculator](#) for some expert suggestions that might help you choose the right desk for you. All you have to do is to simply enter your own height and the standing desk height calculator will provide a set of reliable baseline measurements to help you work with maximum comfort and efficiency.

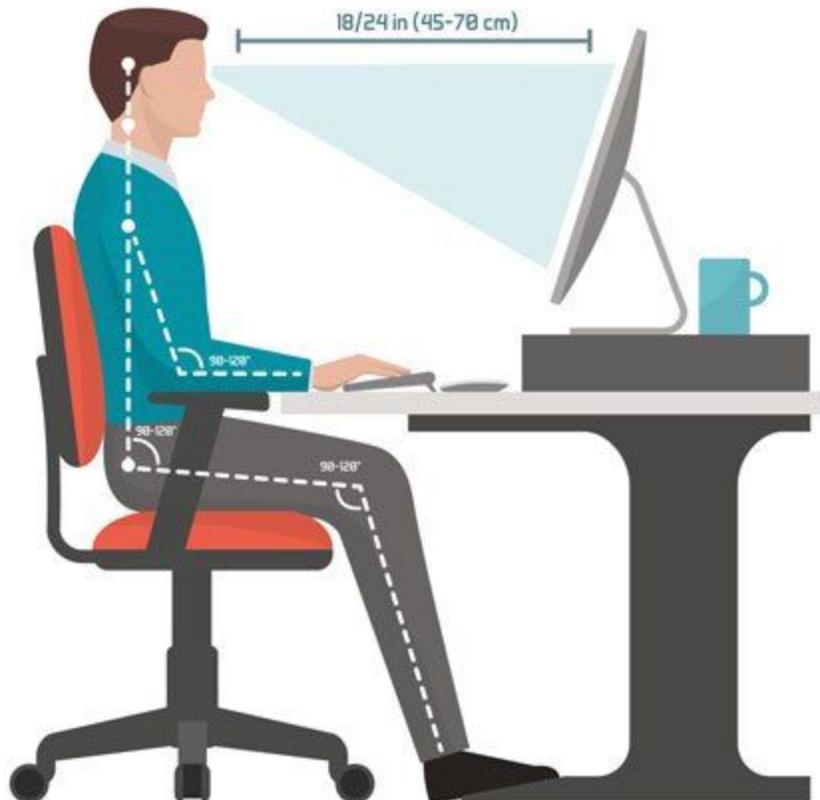
Standing desks can be great for your health and that is why you want to ensure you are using yours properly to eliminate any stress on your body. Here are some tips to keep your workstation ergonomically sound:



**Desk Height:** An easy way to determine the proper height for your desk is by using the [standing desk height calculator](#) for both sitting and standing.

Here are some basic tips for setting a standing desk in the **standing position**:

1. Stand up straight with your head toward the ceiling and shoulders slightly back.
2. Hold your arms down by your sides and then bend your elbow to 90 degrees.
3. Bring the desk up until your fingers gently touch the keyboard keys.
4. Now, adjust the height of your monitors so that your eyes are looking across at the top third of the monitor.
5. Avoid a single light source because it can tire your eyes. Also try to avoid any lights that produce a glare on your screen.



Here are some basic tips for setting a standing desk in the **sitting position**:

1. Adjust the height of your table so that your eyes are looking across at the top third of the monitor.
2. Relax your shoulders. Your forearms should be parallel to the floor. Minimal bent at the wrist.
3. Your chair should have a backrest and armrest, adjust the height by following the tip before.
4. The tights of your legs should be almost parallel to the floor.
5. Your feet should be parallel to the floor. Use a footrest if necessary.

For exact numbers according to your height you should visit and use our [standing desk height calculator](#). You can also find many different ergonomic products that will help you reduce the health risks from sitting by visiting [NotSitting.com](#)