



NAVAL POSTGRADUATE SCHOOL
OCCUPATIONAL SAFETY, HEALTH, AND ENVIRONMENTAL DIRECTORATE
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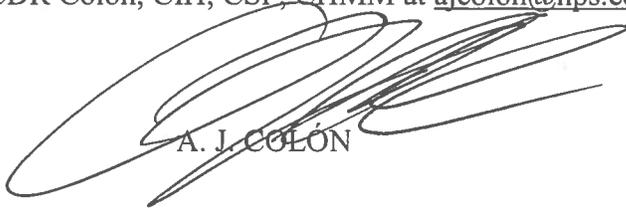
MEMORANDUM

From: Director, Occupational Safety, Health and Environmental, Naval Postgraduate School
To: Director, Contracting & Logistics Management, Naval Postgraduate School

Subj: VARIABLE HEIGHT DESK

Ref: (a) OPNAVINST 5100.23 Series

1. Variable height desks are not considered medical appliances and as such do not require a medical evaluation. Per the reference, para 2307 (b), medical devices are back support belts or wrist splints, and are required to be prescribed by a credentialed health care provider. In accordance with para 2307 (d), of the reference, in order to prevent ergonomic hazards and control them, workstations should be adjustable to accommodate person performing a specific task or job, not just the average worker. Variable height desks achieve this.
2. Even though standing up while doing administrative work might seem as a return to the practice of office clerks common in the 1900s, moving about and being able to stand on one's feet, at least for a period of time, can be a welcome change from sitting, provided that the individual who does it at his or her own choosing. Stand-up workstations should be adjustable to have the working area used for writing or computer inputs at approximately elbow height when standing in other words, between 2.95 and 3.9 feet above the floor. As in the sit-down workstation, the display should be located close to the other visual targets and directly behind the keyboard.
3. If these workstations are purchased feel free to contact this office at safety@nps.edu for assistance in properly setting it up or ergonomic training. For any questions, concerns, or if further assistance is needed please contact LCDR Colón, CIH, CSP, CHMM at ajcolon@nps.edu.


A. J. COLÓN