

Ergonomic Seating Height



Chair Height

Sitting Popliteal: To provide correct ergonomic seating, the child should be sitting comfortably with feet flat on the floor and knees bent at a right angle. To measure for this – take the measurement from the floor - to the bend behind the child's knee.

Not all people the same age are the same height. The measurements below are a general guideline. The range should fit most all children in the age group. 20% will be at the low end and high end of the range.

- 1 year olds – 5" to 7"
- 2 year olds- 7" to 11"
- 3 year olds – 8" to 11"
- 4 and 5 year olds – 9" to 13"
- 6 year olds - 10" to 14"
- 7 year olds – 11" to 15"
- 8 year olds – 12" to 16"
- 9 year olds – 13" to 16"
- 10 and 11 year olds – 14" to 17"
- 12 and older – 16" to 18"

Table Clearance

Table Clearance is the height from the top of the leg to the bottom of the table. Usually, tabletops are 8 inches from the top of a child's thigh (might be slightly less for toddlers). When deciding on a table height, you should take into consideration the child's overall size and build. For example, a child with a short waist will be more comfortable at a shorter table in relation to his or her chair height.

- 7" chair - 14" table
- 8" chair - 16" table
- 9" chair - 17" table
- 10" chair – 18" table
- 11" chair – 19" table
- 12" chair – 20" table
- 13" chair – 21" table
- 14" chair – 22" table
- 15" chair - 23 to 25" table
- 16" chair - 24 to 26" table
- 18" chair - 26" to 30" table

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