## StrategicAccounts

## Tips, Tricks \& Info... <br> Vol. 1 Shelving Erogomics

## Height of Average Adult

(considering both Male and Female together) $=66.2$ " $(168.1 \mathrm{~cm})$

## Center of Strength:

- Center of Chest to slightly below waist
- Center of strength based on the arm bent at 90 degrees


## Strength Control Zone:

- Top of the Shoulder to Mid Finger when arm is extended straight

* NOTE - Weights are guidelines only. Source: http://osha.europa.eu and page 8 of http://www.cdc.gov/niosh/94-110.html.

Height of Average
Male and Female
(50th Percentile):
Male - $68.8^{\prime \prime}$ ( 174.8 cm )
Female - $63.6^{\prime \prime}$ ( 161.5 cm )
In Wheelchair:
$51.8^{\prime \prime}(131.6 \mathrm{~cm})$

