

## Un-pack Boxes, Identify and Organize Parts (Continued)



Un-pack boxes and stand the parts up against a wall near where you will be assembling the desk. Organize the parts according to their Letter designation: "A", "B", "C", etc.

## Determine Your Sitting Eye Height

Sit in the chair you will be using at your Nomic Station Desk. If the chair is adjustable, change its height so your feet are flat on the floor.

Using a tape measure, determine the distance from the floor to your eye. Make sure you look straight ahead when you take this measurement. This figure is your sitting eye height. If another person is handy, they can determine if you are looking straight ahead, and take the measurement.

Place the monitor you will be using on a flat surface. Measure the distance from the center of the screen to the surface the monitor is resting on. Subtract this figure from your sitting eye height. This will be your monitor shelf height.

Since the holes drilled in the Legs of your desk are on 1 1/4" centers, you need to divide your monitor shelf height by 1.25. This will give you the hole number (counting from the bottom of the desk) where you will install the monitor shelf. Record this hole number here

sitting

If you bought the "Sit or Stand" option, you will have to calculate the height for the standing monitor shelf. Use the method above, except substitute your standing eye height.

standing