



Thank You!

This is a free **SAMPLE PAGE** from EZ Workbench Planner.

GO **WORKBENCH HEIGHT**

Save yourself a lot of back pain by choosing the right height.

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Start simple - or build the monster bench.

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CHOOSE WORKBENCH HEIGHT

Unfortunately there is no one answer to what height a workbench should be. However, you can find the ideal height for **you** by considering how tall you are and the type of work you'll be doing.

Match Workbench Height to Your Height

A good rule of thumb is to set your workbench height to meet the **bottom edge of your shirt cuff**. For someone 5' 9" inches tall (like me), a workbench height of about 36" would be a good match.

Match Workbench Height to Your Work

Although 36" might be a good height for me when I'm doing woodworking, I like my bench tops a little higher – closer to 42 inches. Why? The type of jobs that keep me standing at my bench the longest are repair jobs or working with small parts. This kind of work can give me back strain if I have to constantly hunch over a bench top that is too low.

On the other hand, if you spend a lot of time at your bench doing jobs like planing boards, carving, or sanding workpieces, a lower bench height might make more sense - giving you some extra elbow power.

