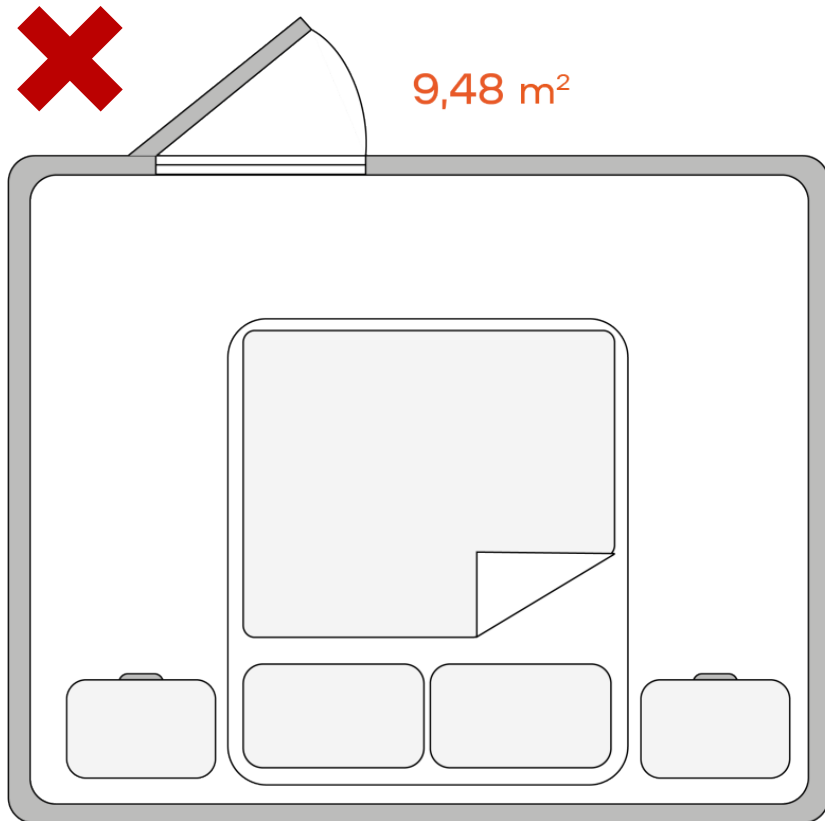diskill

Bedroom's Ergonomic

How to create a comfortable Layout
and protect the Client from Injuries
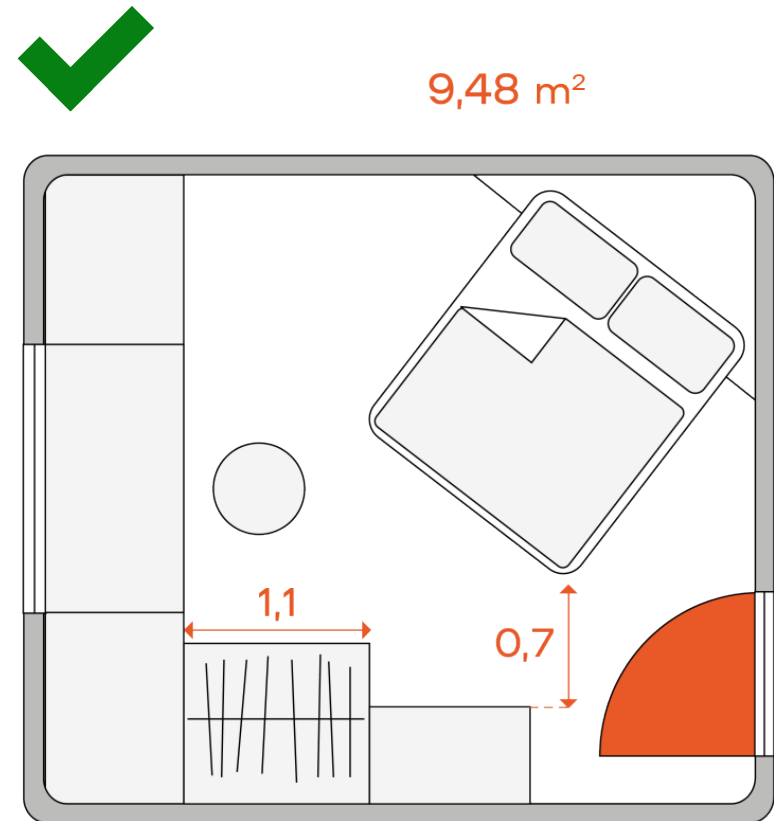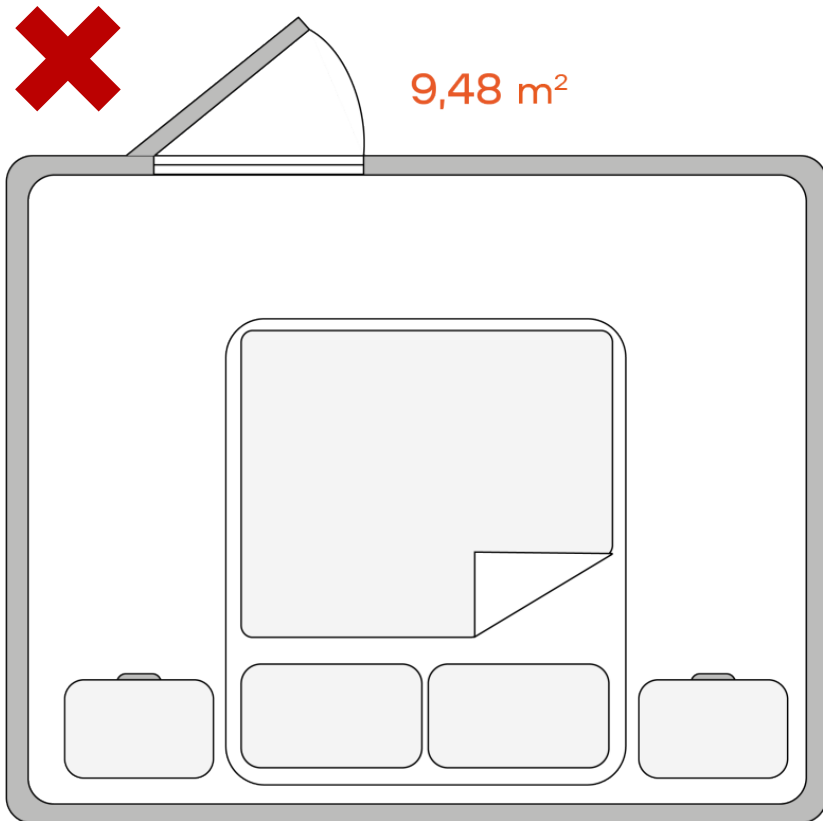
diskill

What will we discuss today?

// We'll learn what ergonomics is

// We'll cover the basic ergonomic standards for the bedroom

Incorrect placement of the bed
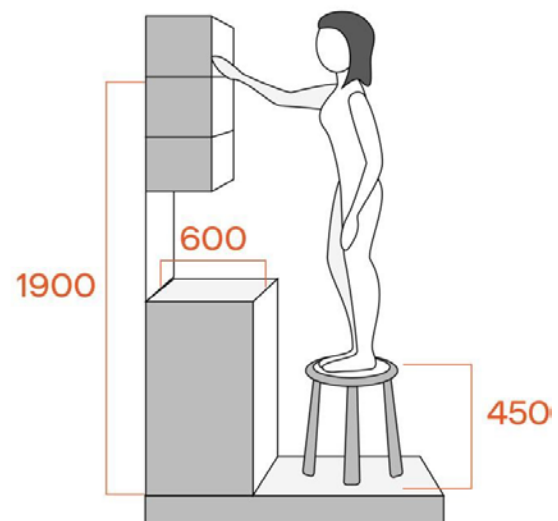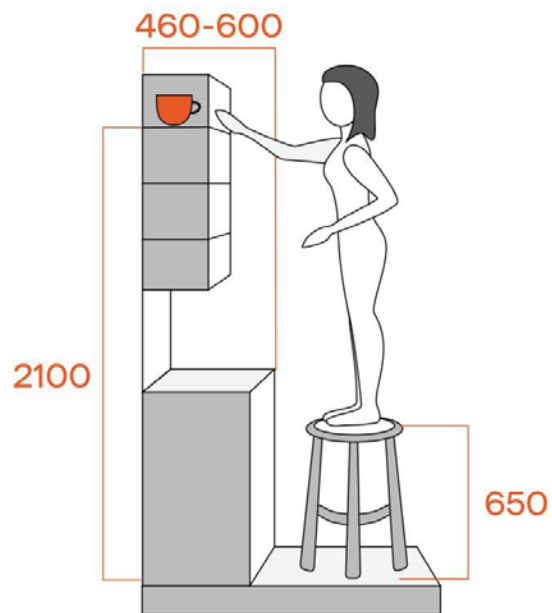
9,48 m²

Incorrect placement of the bed

9,48 m²

9,48 m²

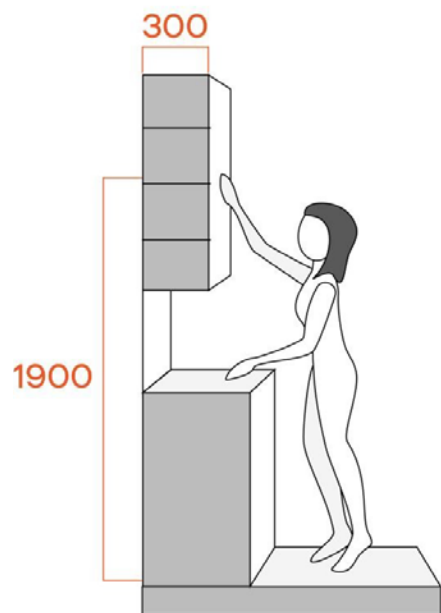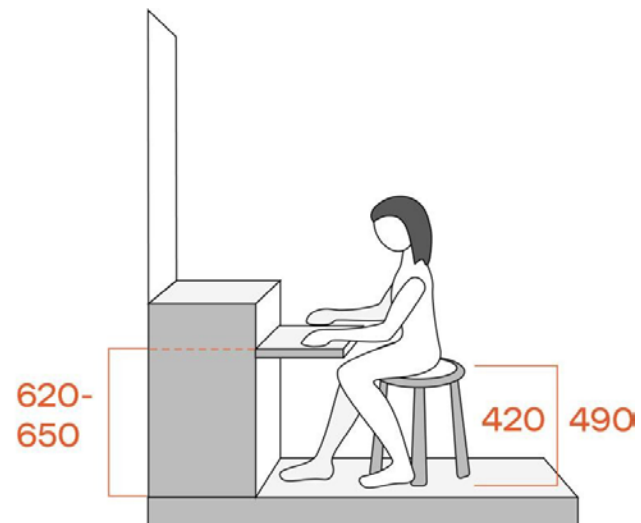1,1

0,7

Correct TV placement

diskill

Correct TV placement

Ergonomics studies
the persons and their
interactions with the environment

diskill

450

850

50

650

620-
650

420 490

300
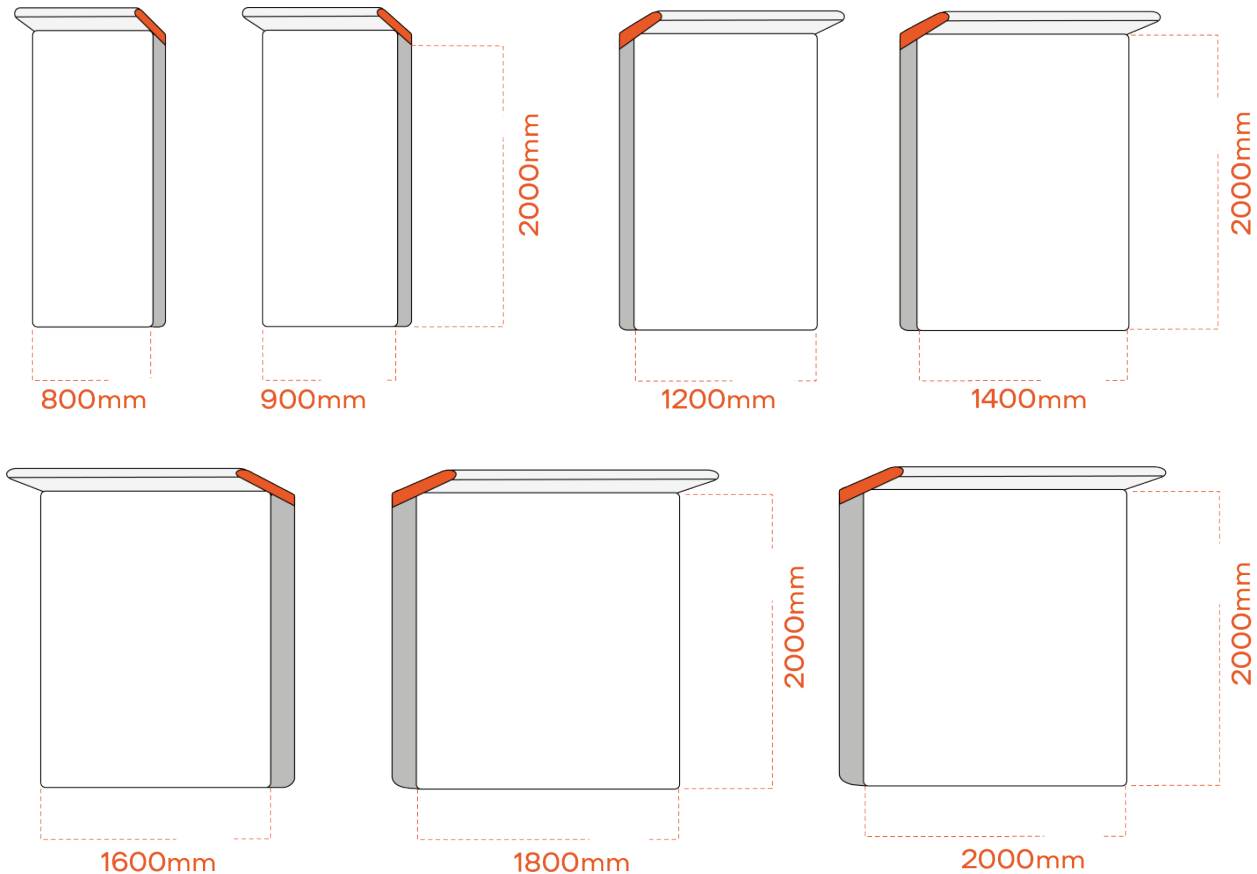
1900

460-600

2100

650

1900

600

450
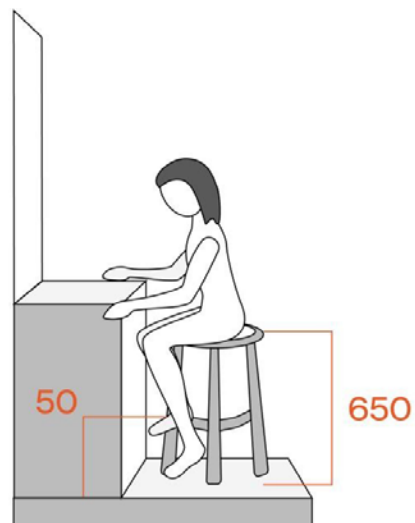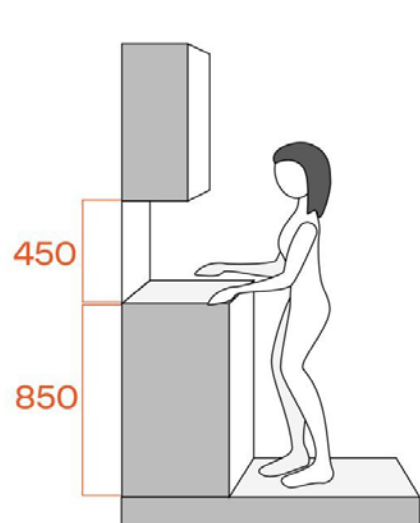
Bedroom's Ergonomics

The principles
of Choosing a Bed

//   The bed's capacity (number of people)

//   Size of the room

//   Width of the passage

Bed dimensions

800mm

900mm — 2000mm

1200mm

1400mm — 2000mm

1600mm

1800mm — 2000mm

2000mm — 2000mm

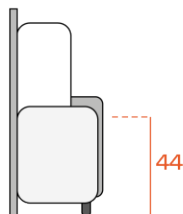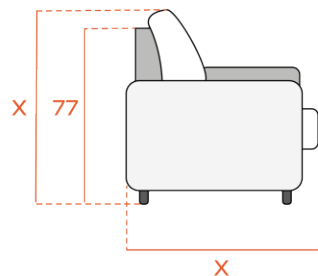(based on the mattress)

diskill

Consider the bed's headboard
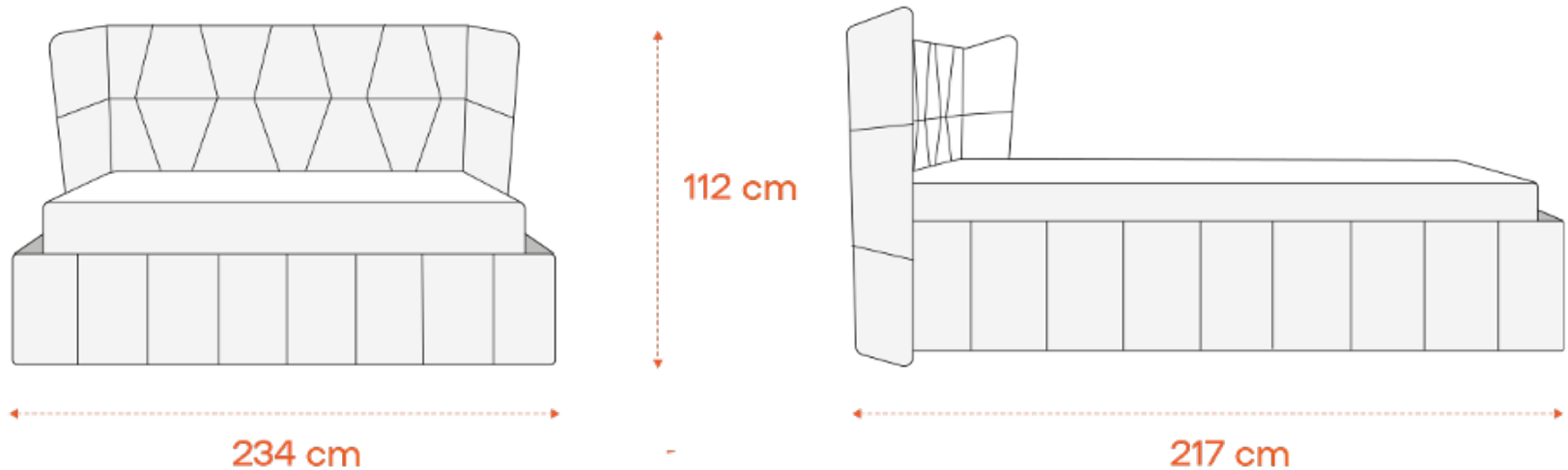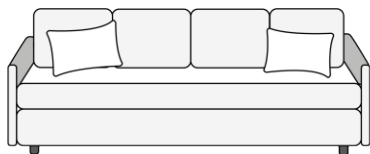

112 cm

234 cm

217 cm

Bed dimensions:
Length 217 cm x width 234 cm x height 112 cm

Sleeping area:
Length 200 cm x width 180 cm x height 44 cm
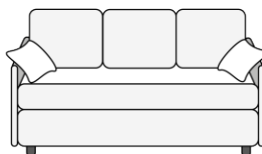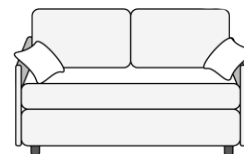
Choosing a Sofa for Sleeping

X | 77 | X | 44 | 193-200 | 52
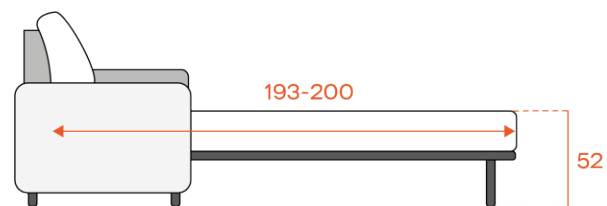
Four-seat sofa
2230x770x700
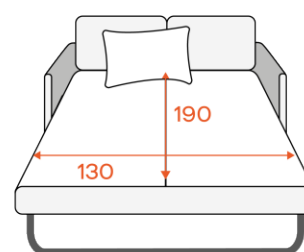
Three-seat sofa
1720x770x700

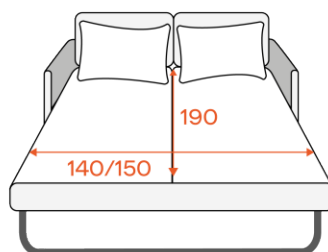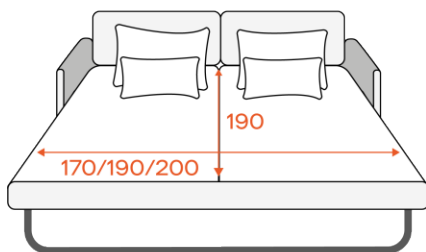### Two-seat sofa
1210x770x700

Armchair
700x700x700

190 | 170/190/200
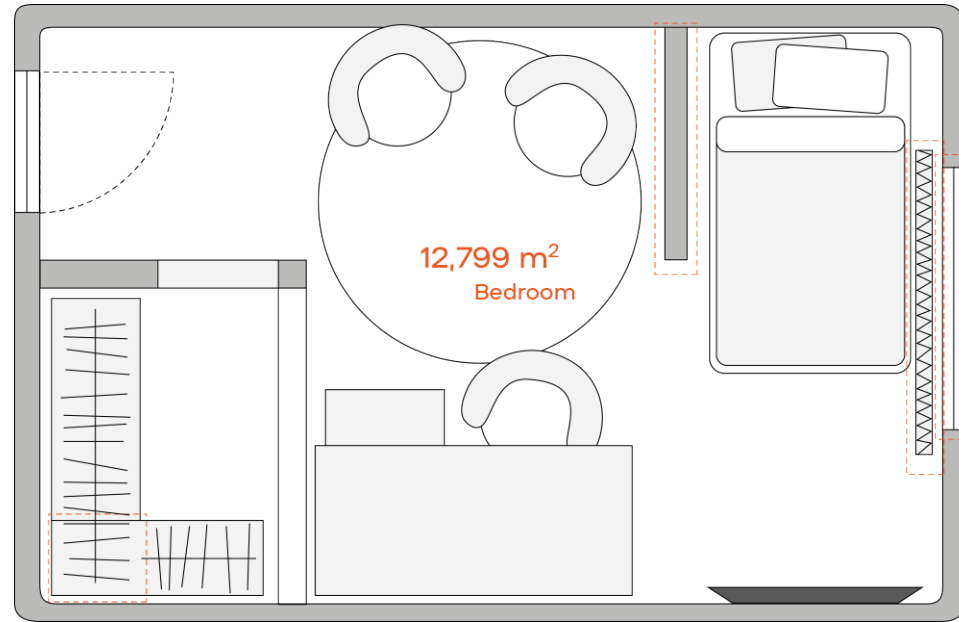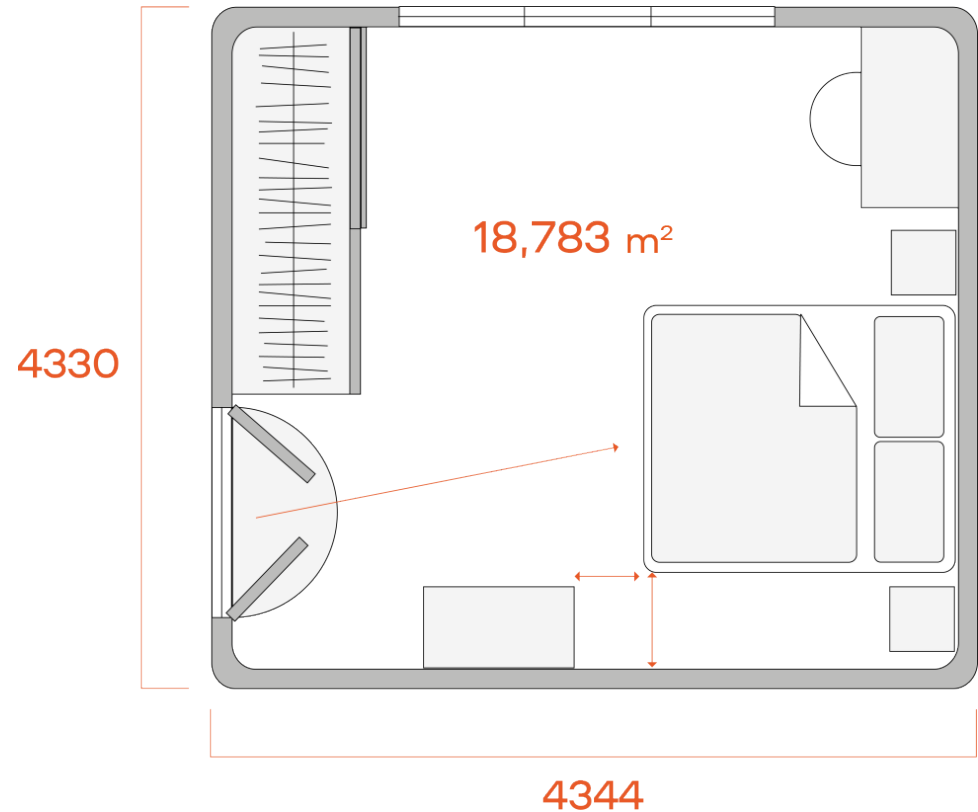
190 | 140/150

190 | 130

190 | 75

diskill
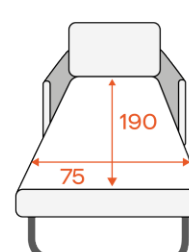
Example of Mistake #1:

Bed near the radiator, under the window, with a partition

12,799 m²
Bedroom

Example of Mistake #2:

From the entrance,

a sleeping person is visible

18,783 m²

4330

4344

diskill

Example of Mistake #3:

The path to the bed is obstructed

18,783 m²

4330

4344

Width of the passage
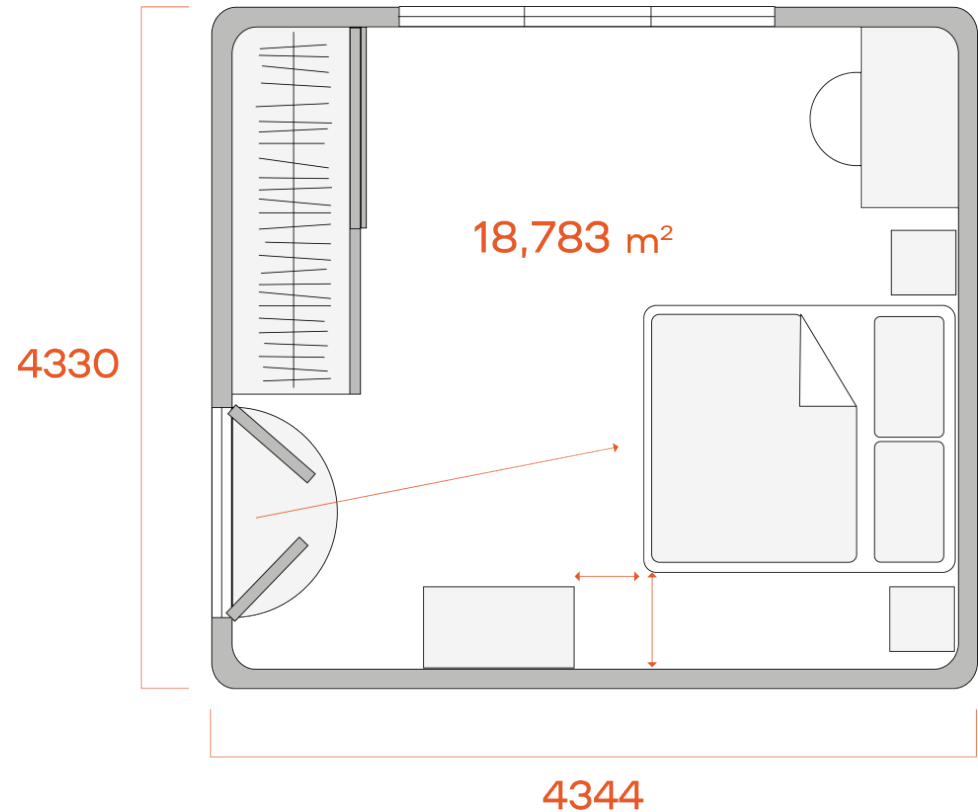
> 600mm
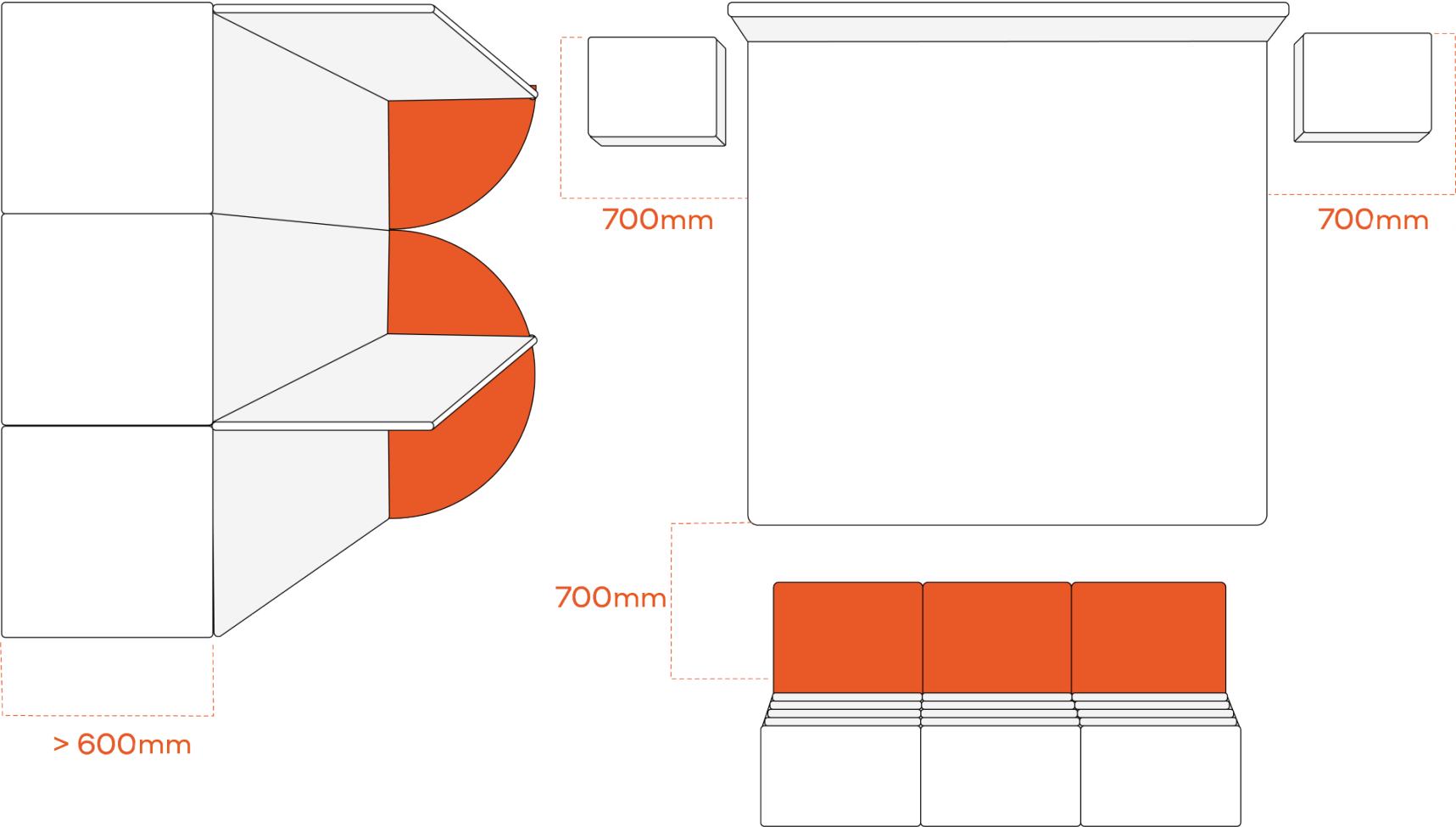
700mm

700mm

700mm

Ergonomic Standards for Pathways

// Minimum: 550-600 mm

// Comfortable: 700 mm

// Remember to consider the clearance for opening doors, nightstands, and wardrobes.

diskill

Example of Mistake #1:

Path with obstacles

12,799 m²
Bedroom

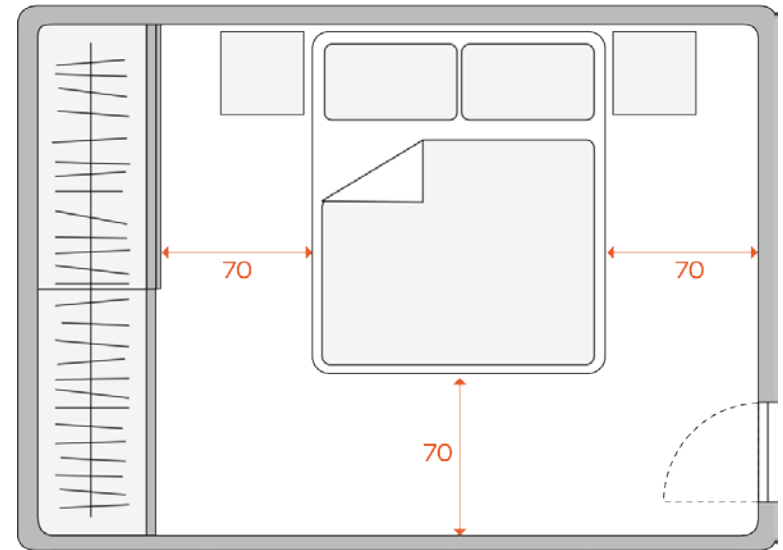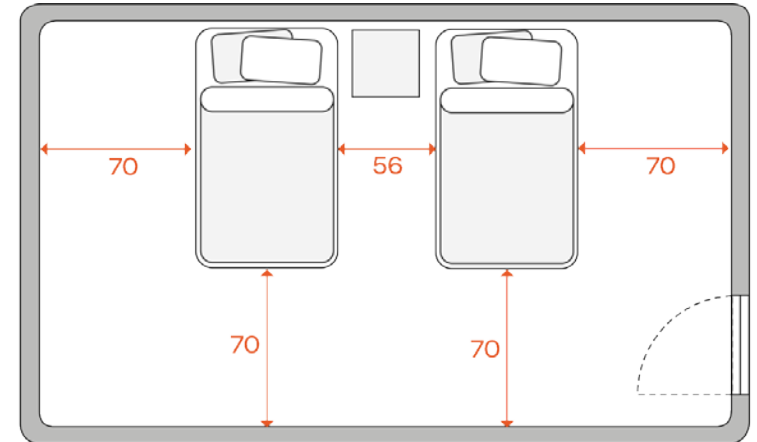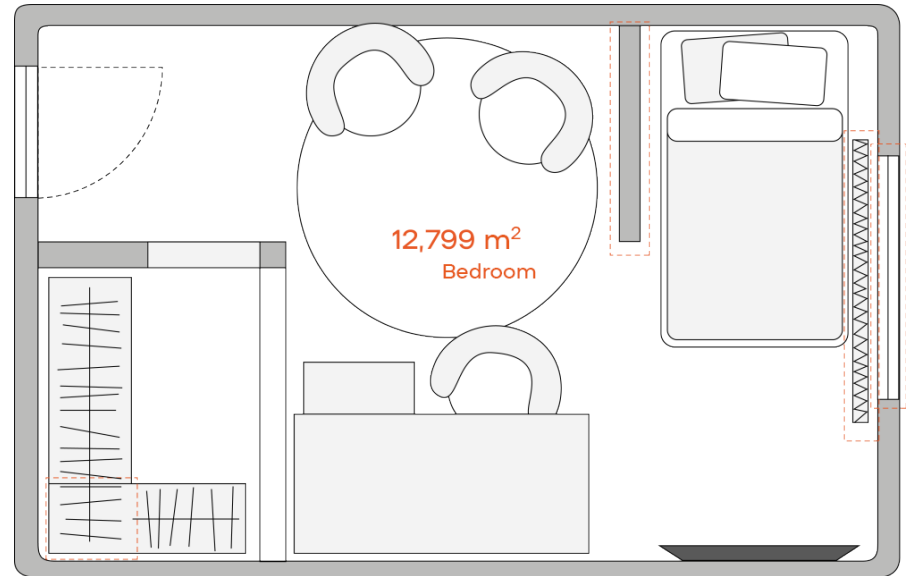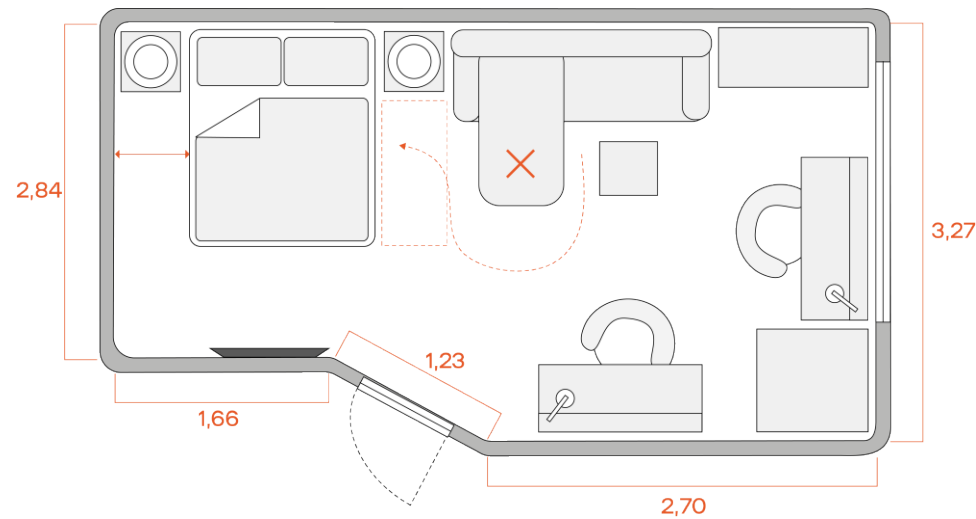# Example of Mistake #2:

Narrow pathways
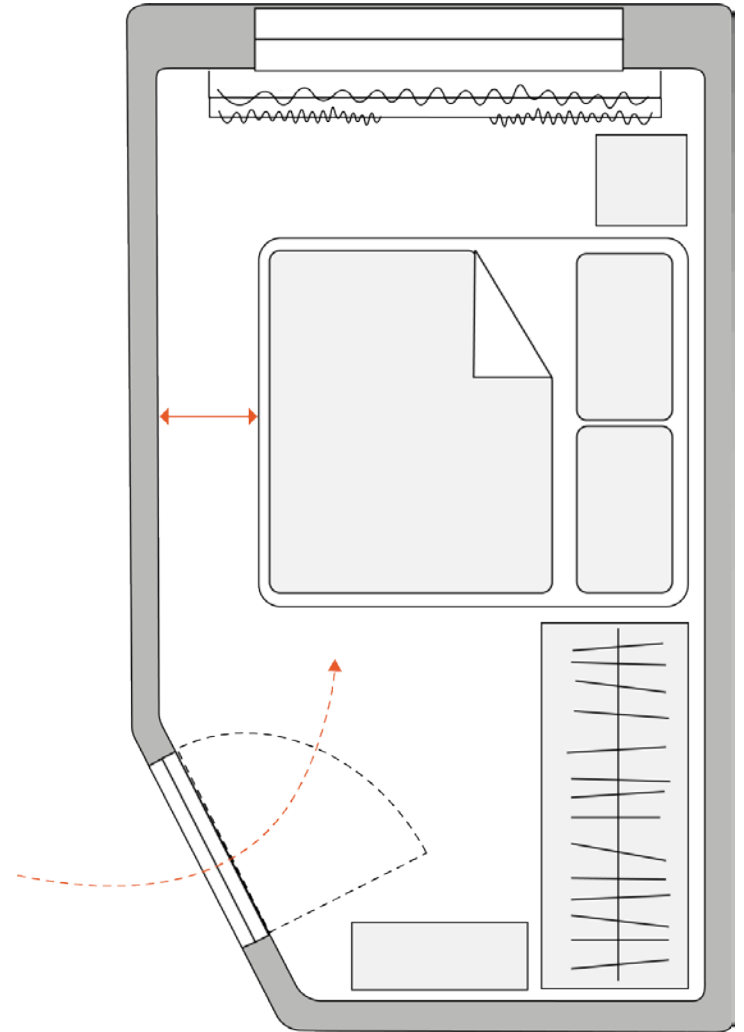
Example of Mistake #3:

The access to the bed

is obstructed

diskill

Example of Mistake #4:

Creating a "vestibule"

in the bedroom

diskill
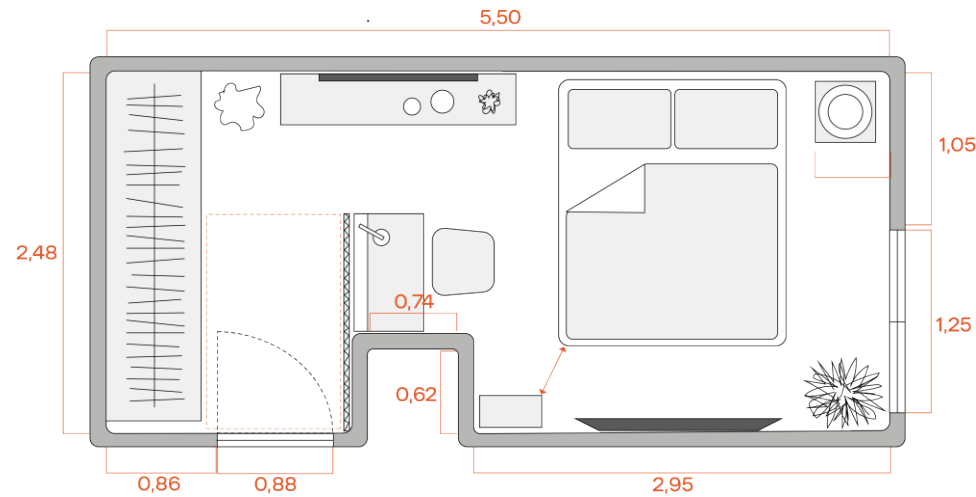
Example of Mistake #5:

Obstacles are everywhere

diskill

Wardrobe

diskill
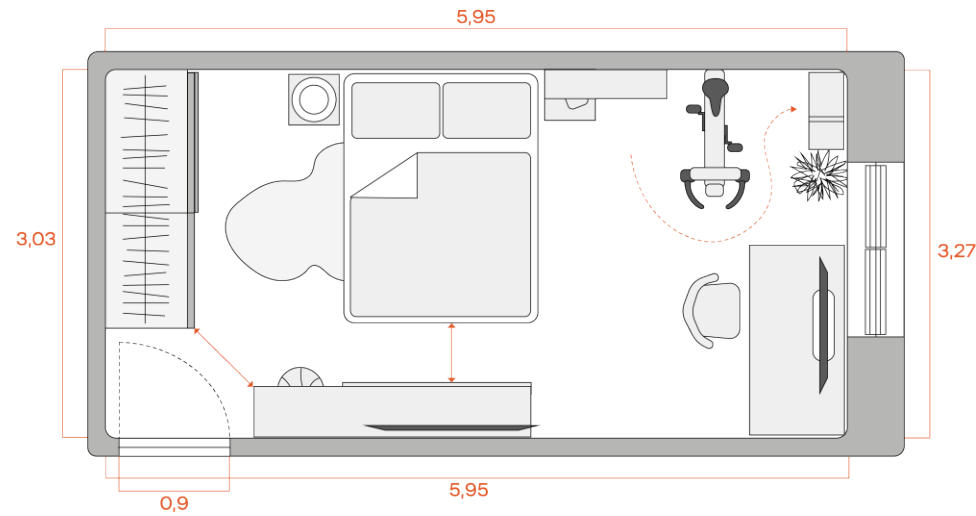
Wardrobe

|| Hinged wardrobe

|| Sliding wardrobe

|| Walk-in closet

Wardrobe

diskill

> 56

5
90
190
5
145
140

5
190

161 - 163

Wardrobe
with drawers

45 - 61
116 - 132
76 - 91

Cabinet
with drawers

170

diskill
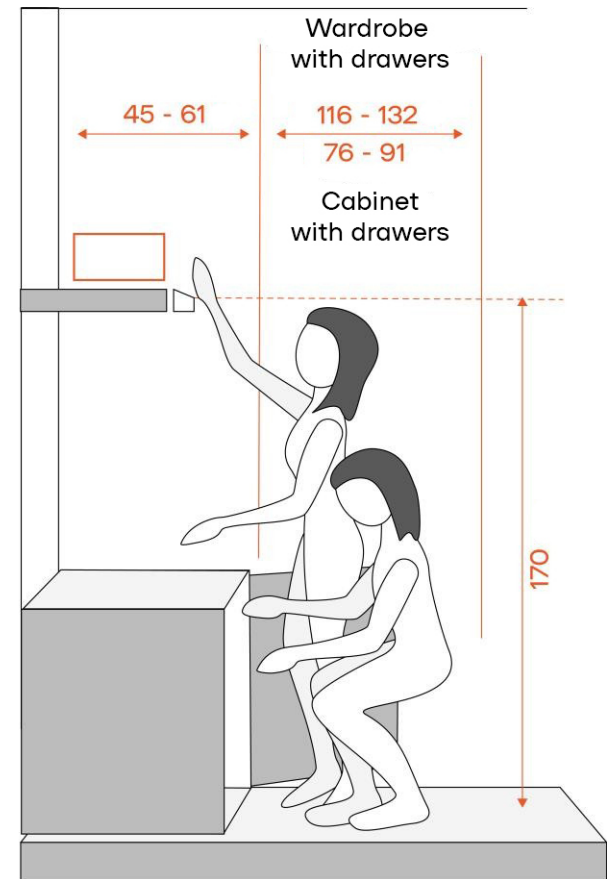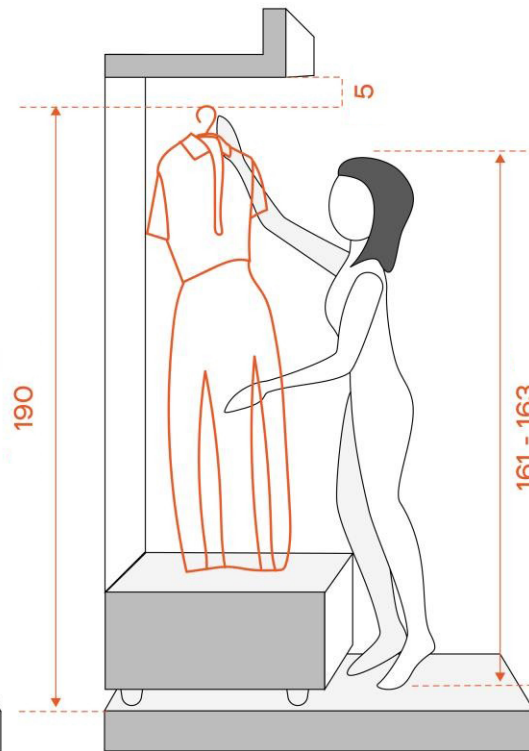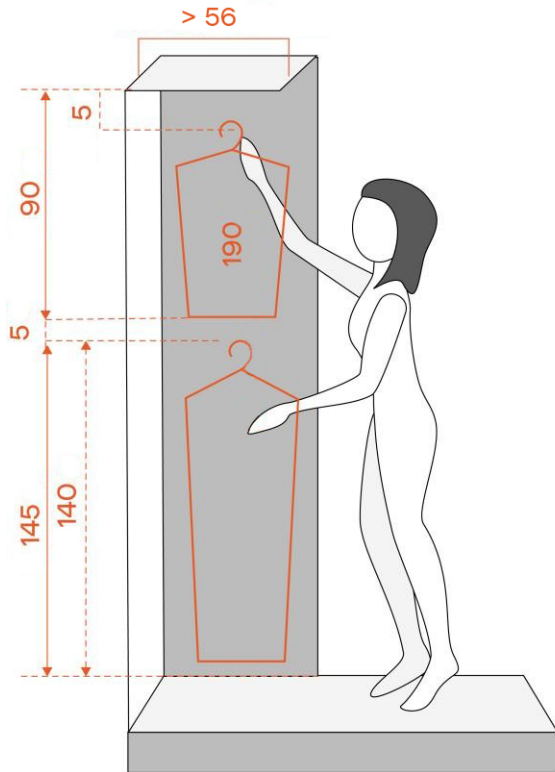
Example of Mistake #1:

Bulky and non-functional
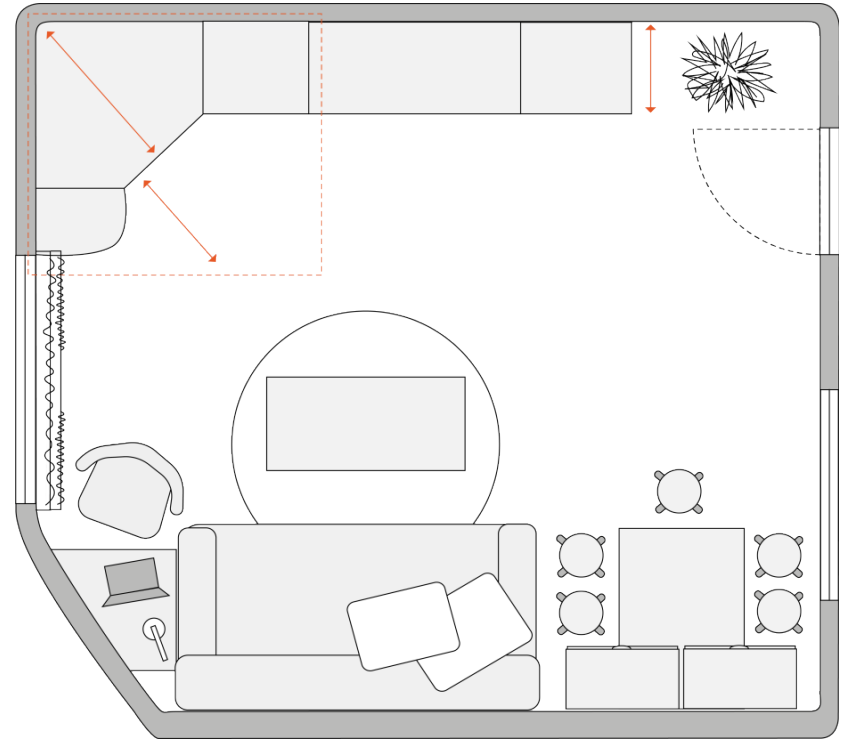
Example of Mistake #2:

inefficient use of space
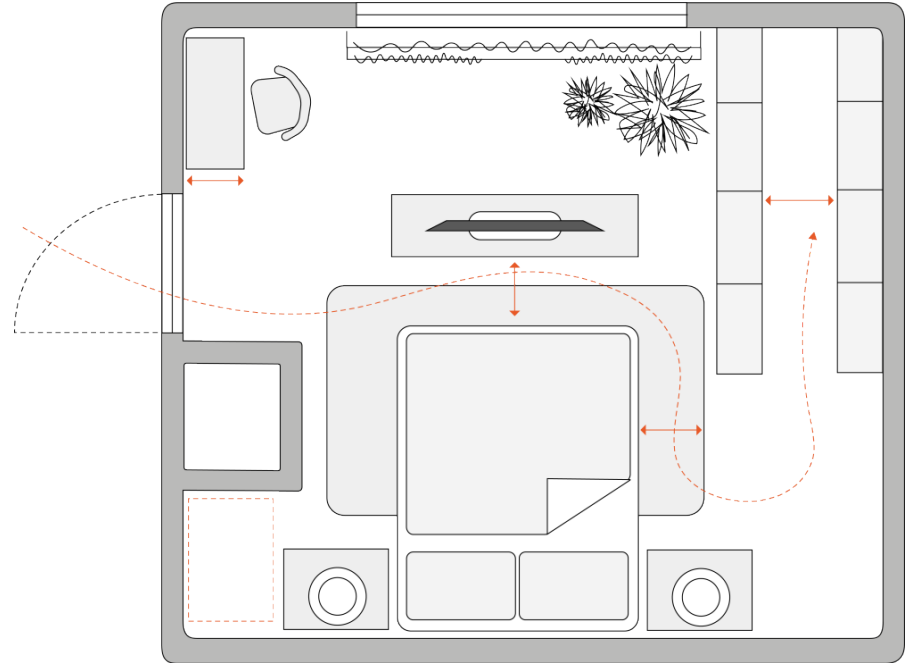
Example of Mistake #3:

Underestimated closets

17,660 m²
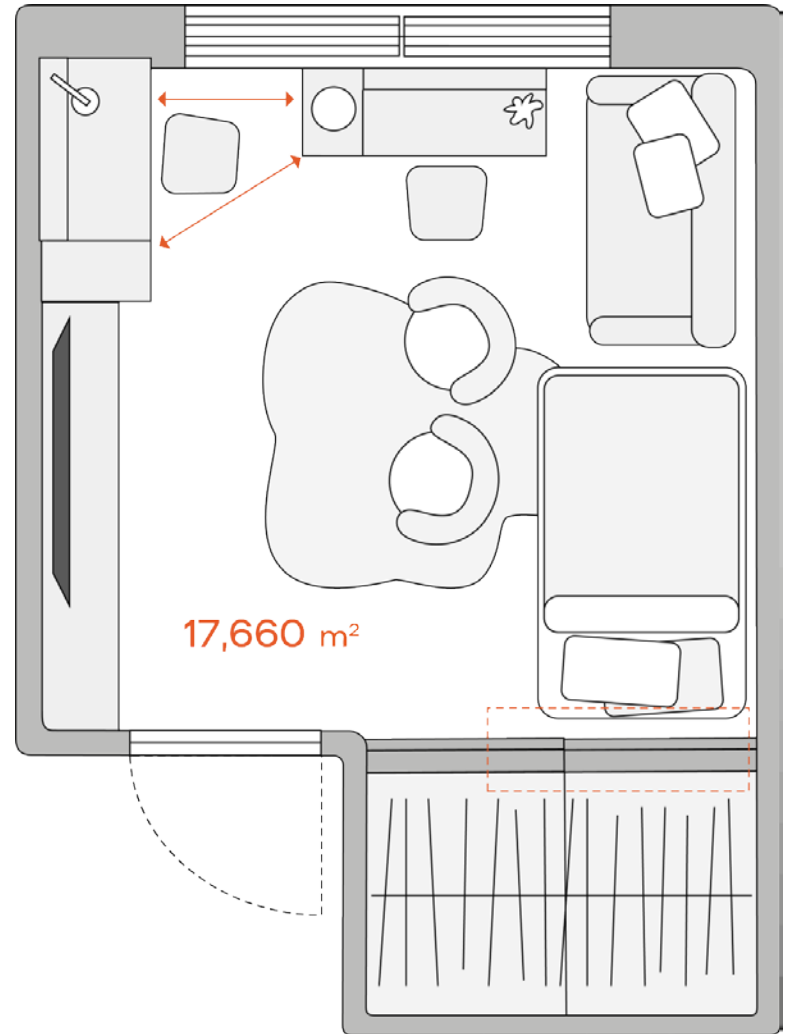
Workplace

Workplace

/l The height of desk and chair

/l The dimensions of the workspace

/l Lighting

diskill

Workplace

1520 - 1820

760 - 910

760 - 910

Passage area
to cross

300-450

304

450 - 510

310-410

600 - 780

1340 - 1470

380-400

top of work
surface

735 - 755
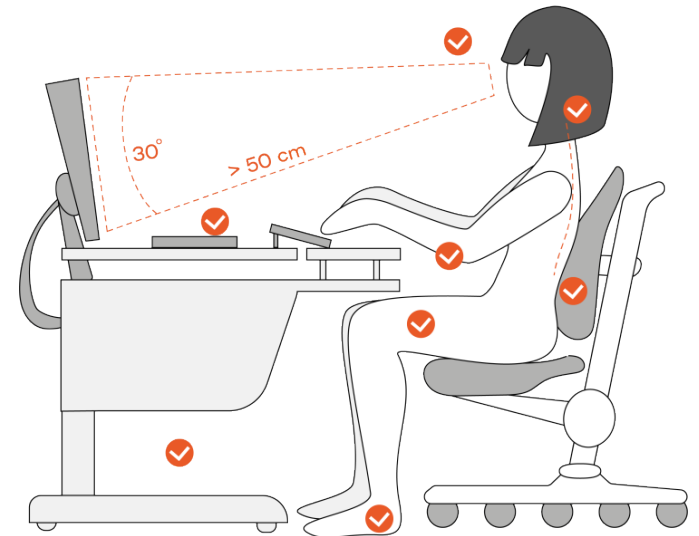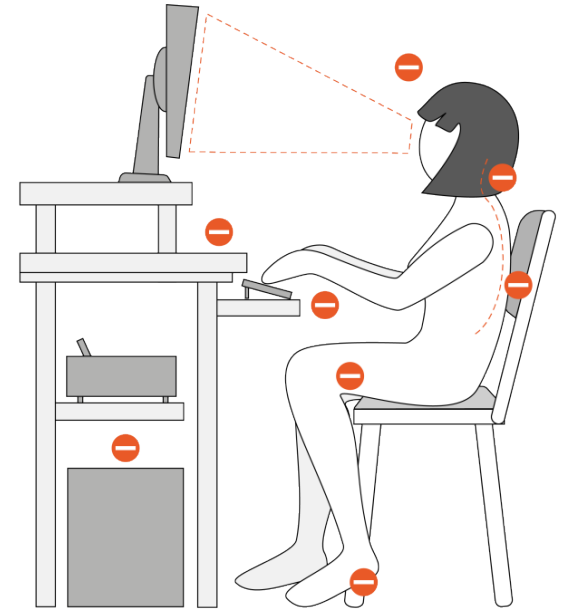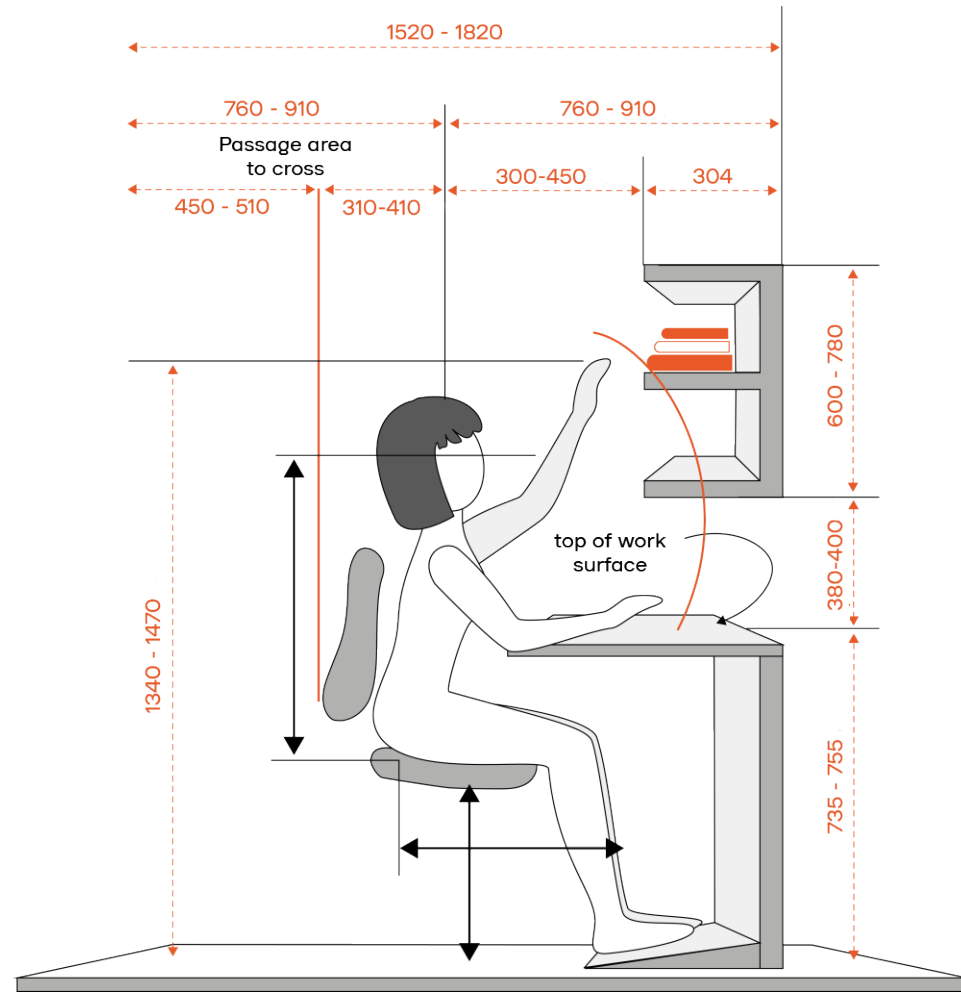
diskill

Example of Mistake #1:

Workspace in a dark corner
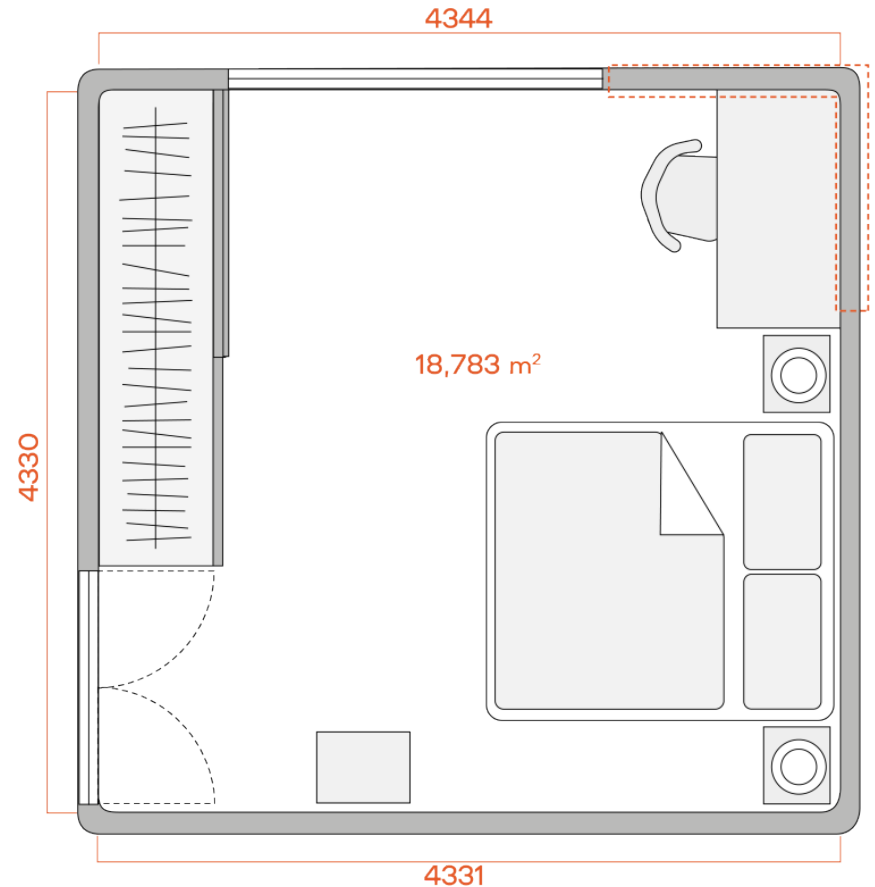
Example of Mistake #2:

The furniture selection
is not well thought out
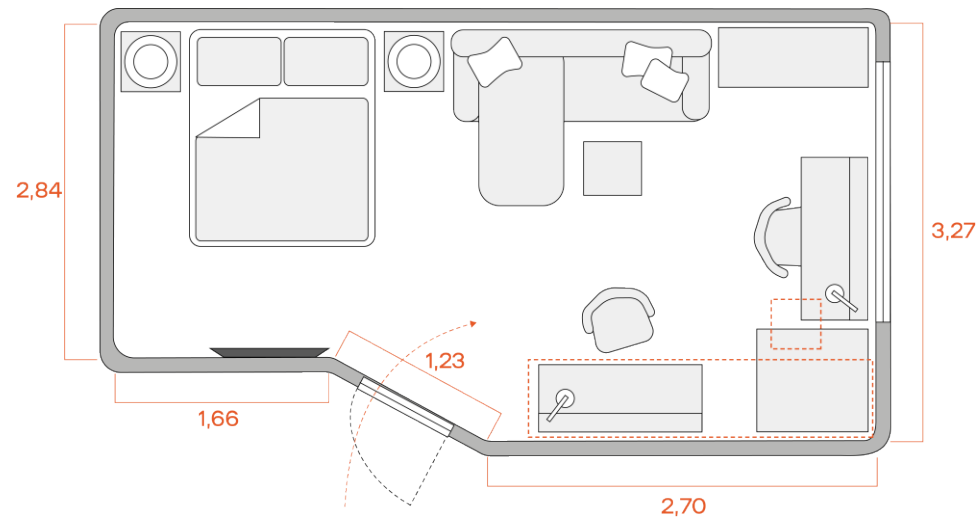
diskill

Example of Mistake #3:

The workspace is unsafe

Lighting

diskill

Lighting

// Workspace lighting

// Bedside wall lighting

// Bedside ceiling lighting

Workspace lighting

diskill

Bedside wall lighting

50 cm

Bedside ceiling lighting

150 cm

diskill
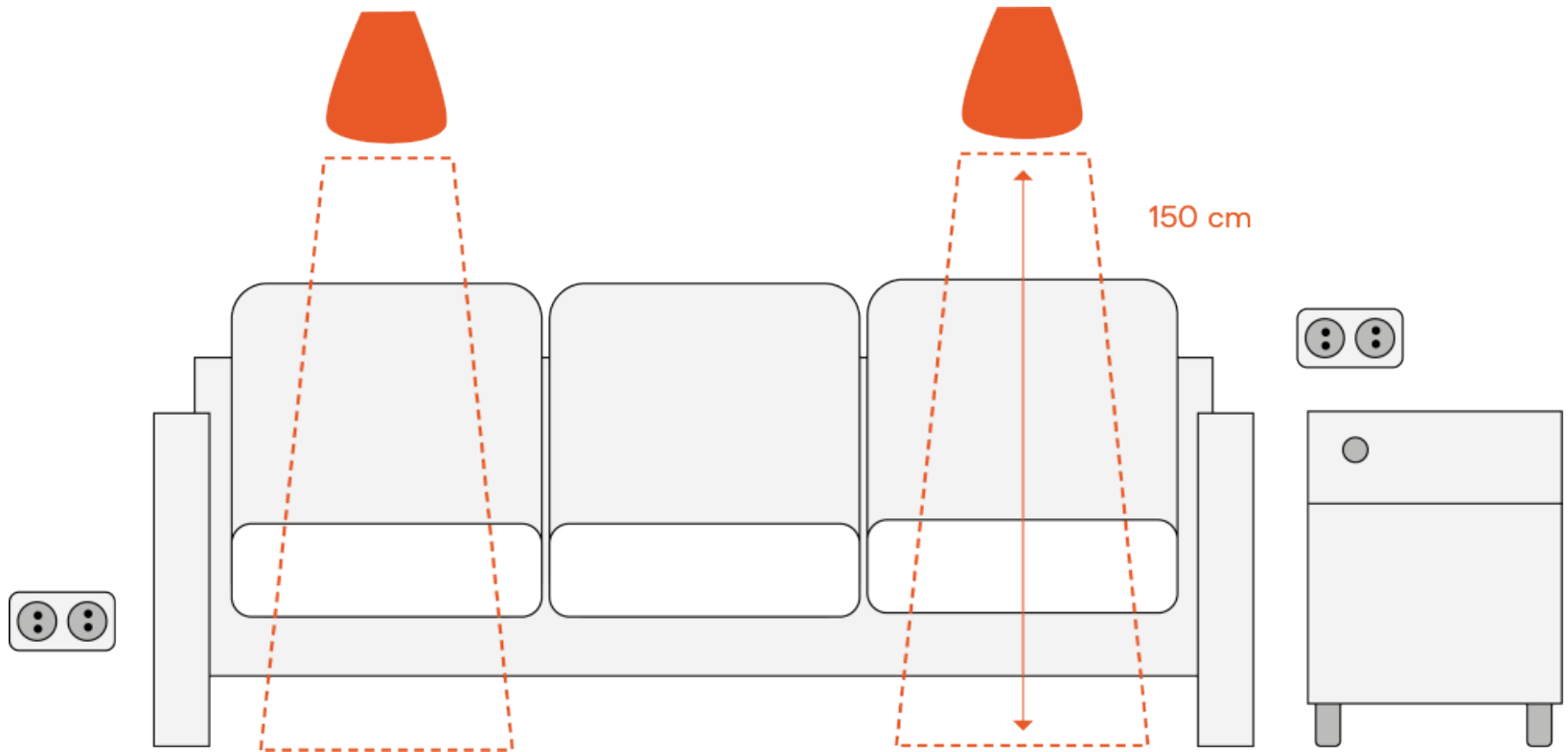
Positioning of the TV

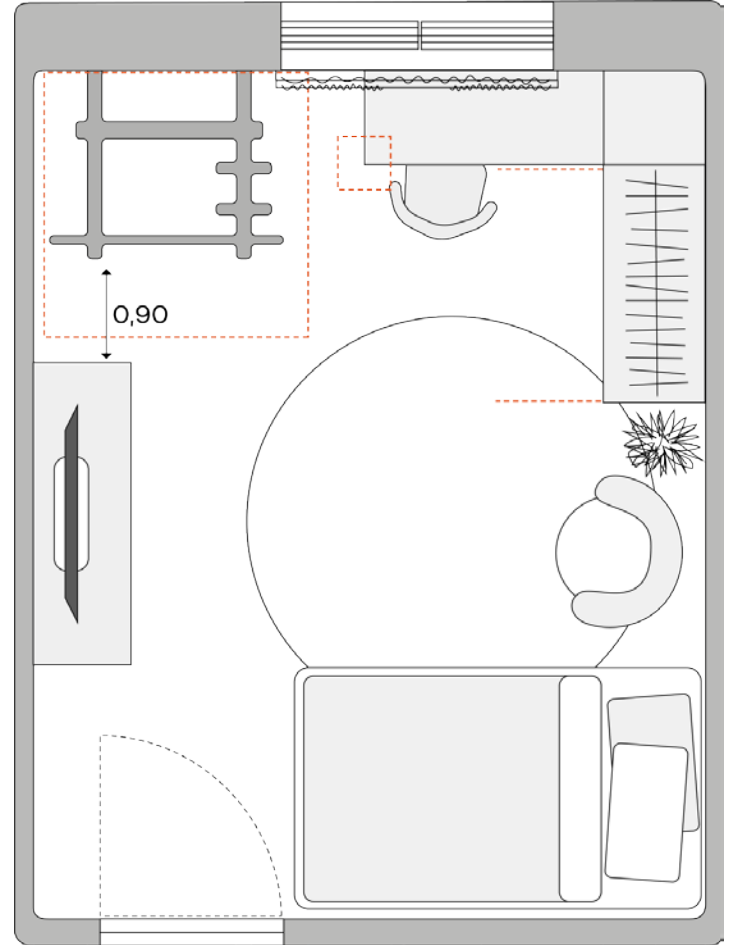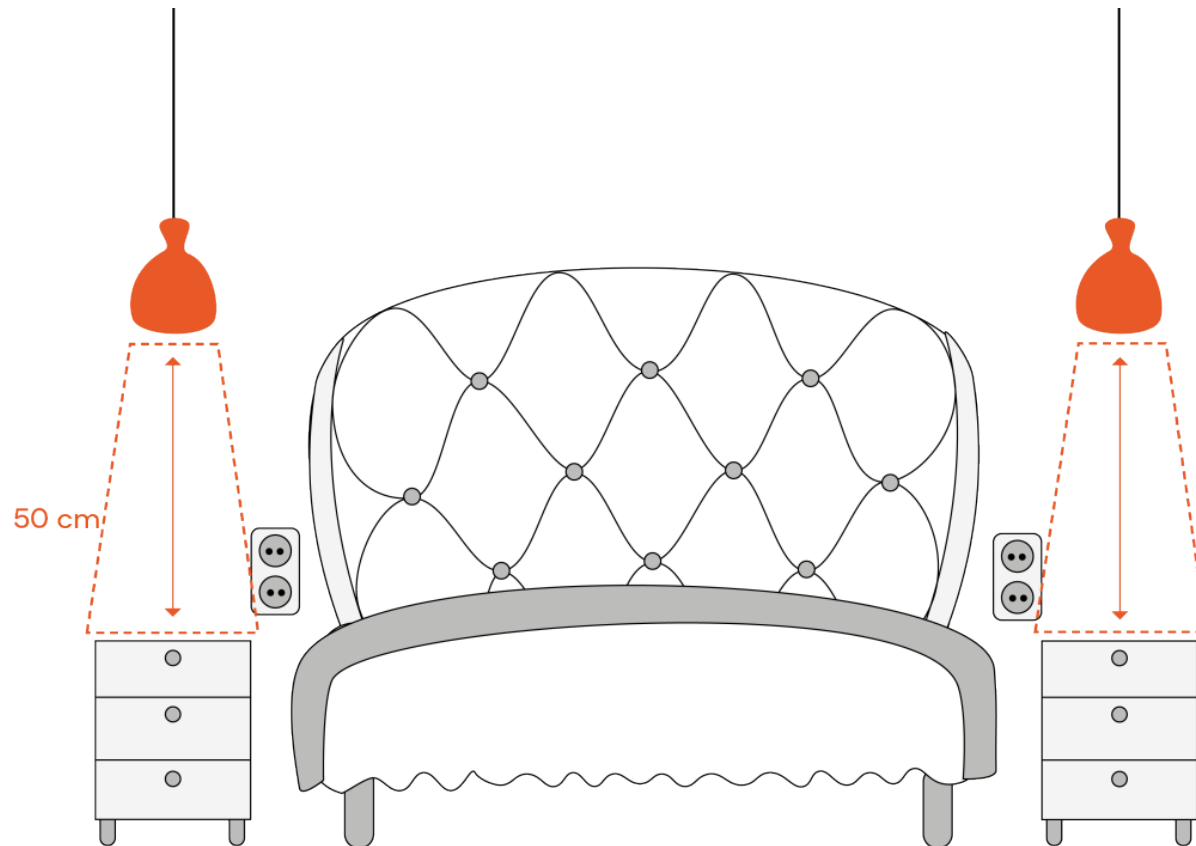# Positioning of the TV

diskill

Size	Min	Max
26	1,0	2,0
30	1,1	2,3
34	1,3	2,6
42	1,6	3,2
47	1,8	3,6
50	1,9	3,8
55	2,1	3,9
60	2,3	4,6
65	2,6	4,9

Upper level
TV location

1/3 of the height of the screen should be
at the eye level of the viewer on armchair

1/3 from
the bottom edge
of the image

Usually
from 0.7 to 1.2 m

Positioning of the TV

35

X

diskill

Positioning of the TV

2/3

1/3

Eye level of the viewer on armchair

h = 0,8-1,3m

diskill
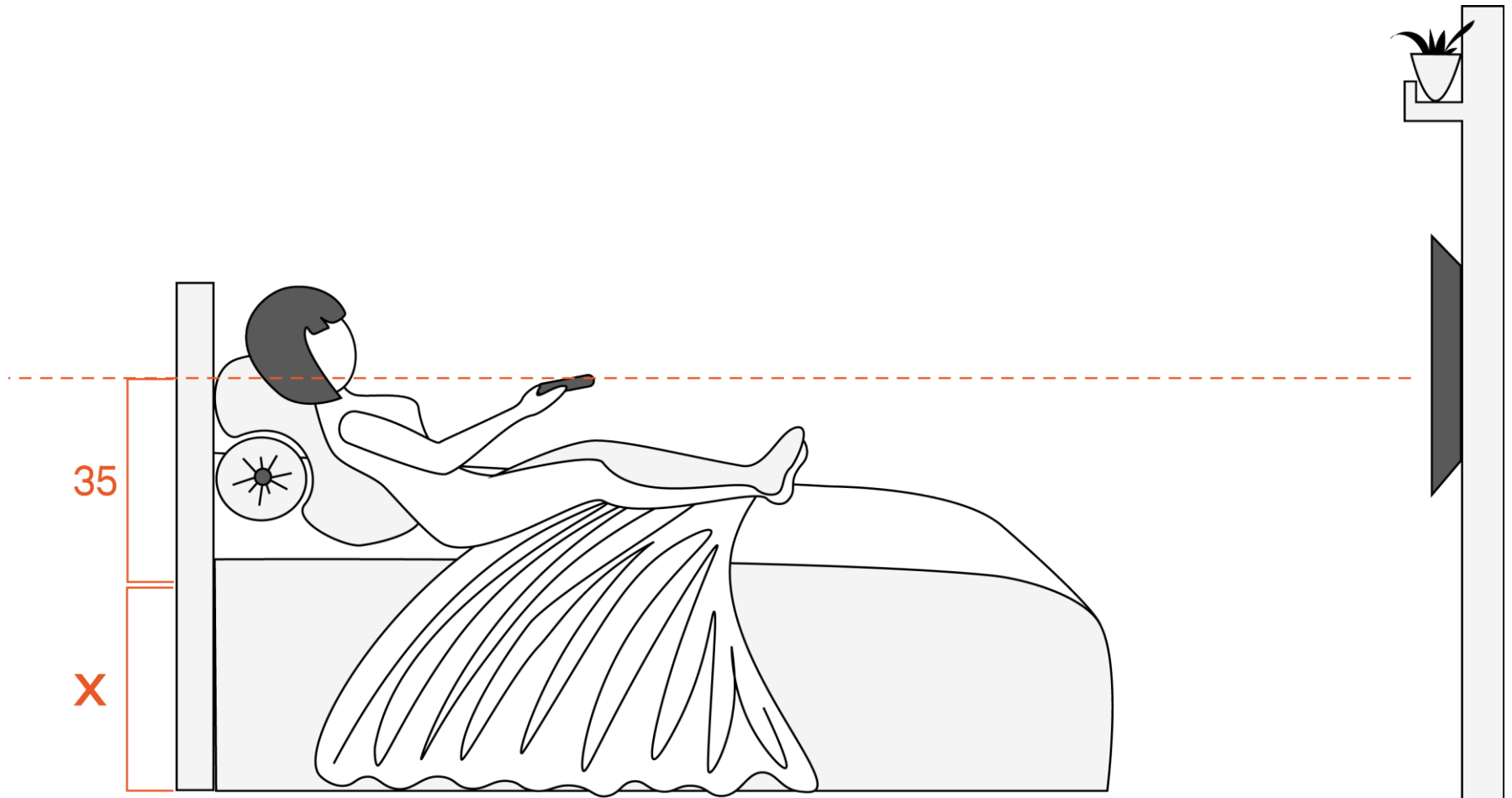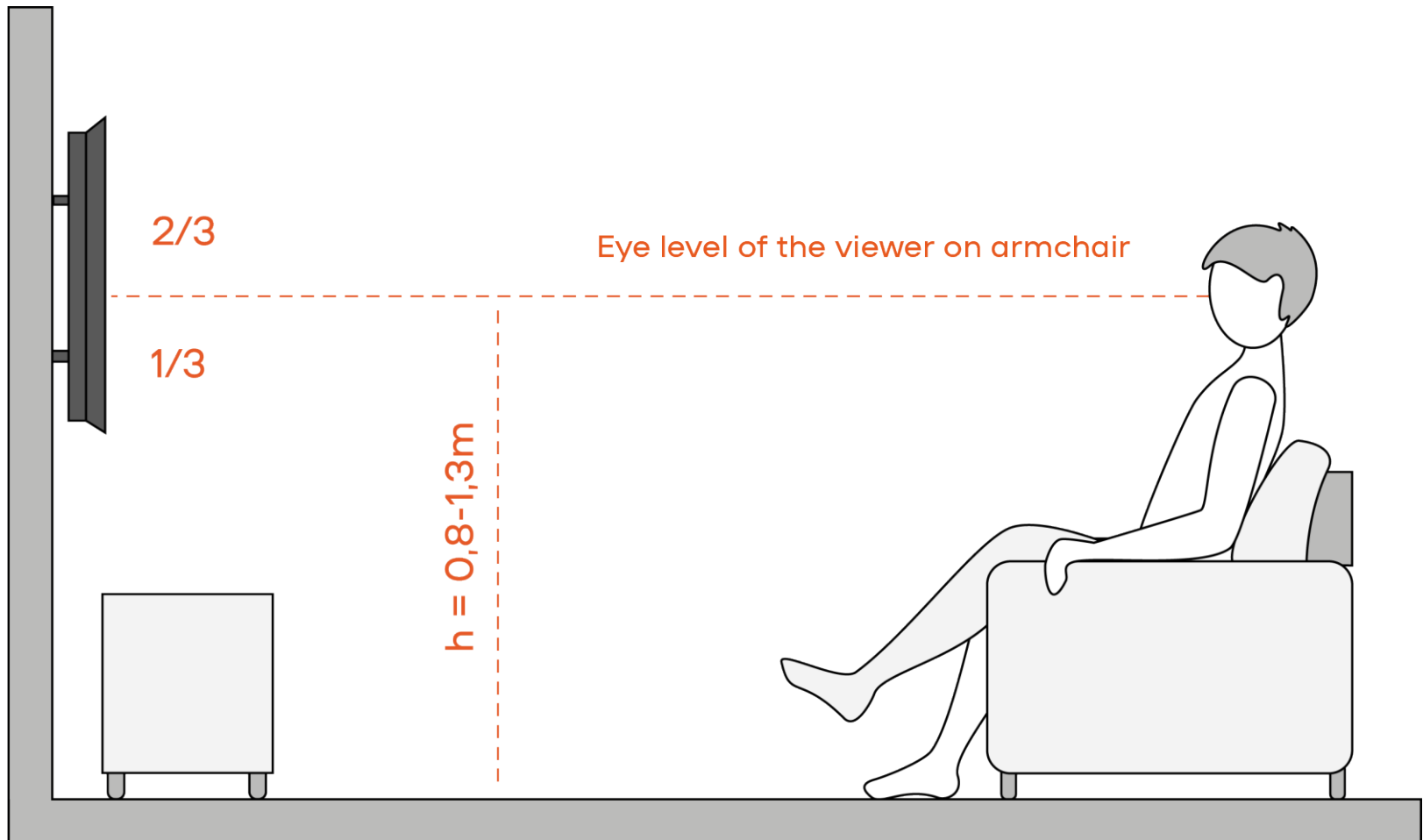
Example #1 of TV placement mistake
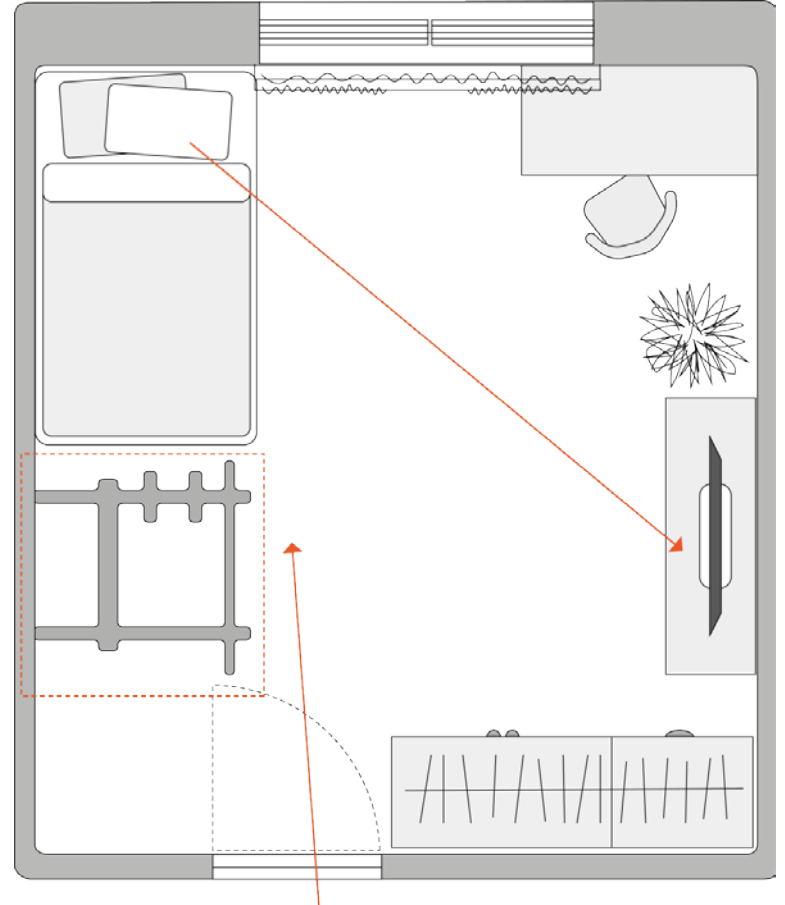
Example #2 of TV placement mistake

diskill
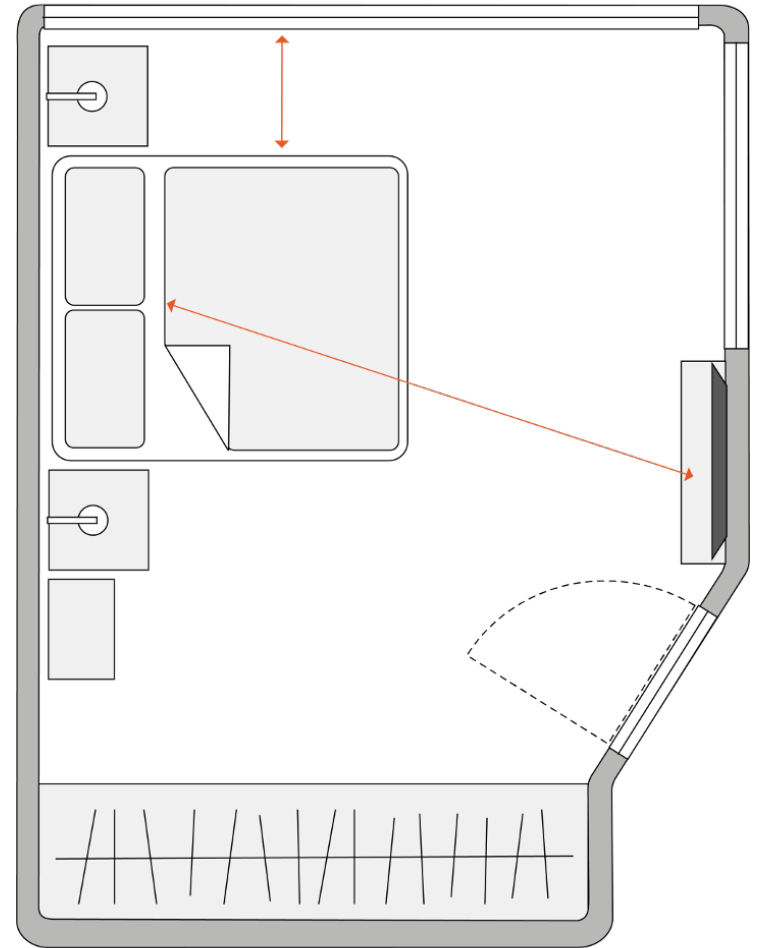
Example #3
of TV
placement
mistake

0.65   3.20   0.65

4.00

2.00

0.80

0.80

2.00

2.05

3.11

2.60

0.90

2.40

diskill
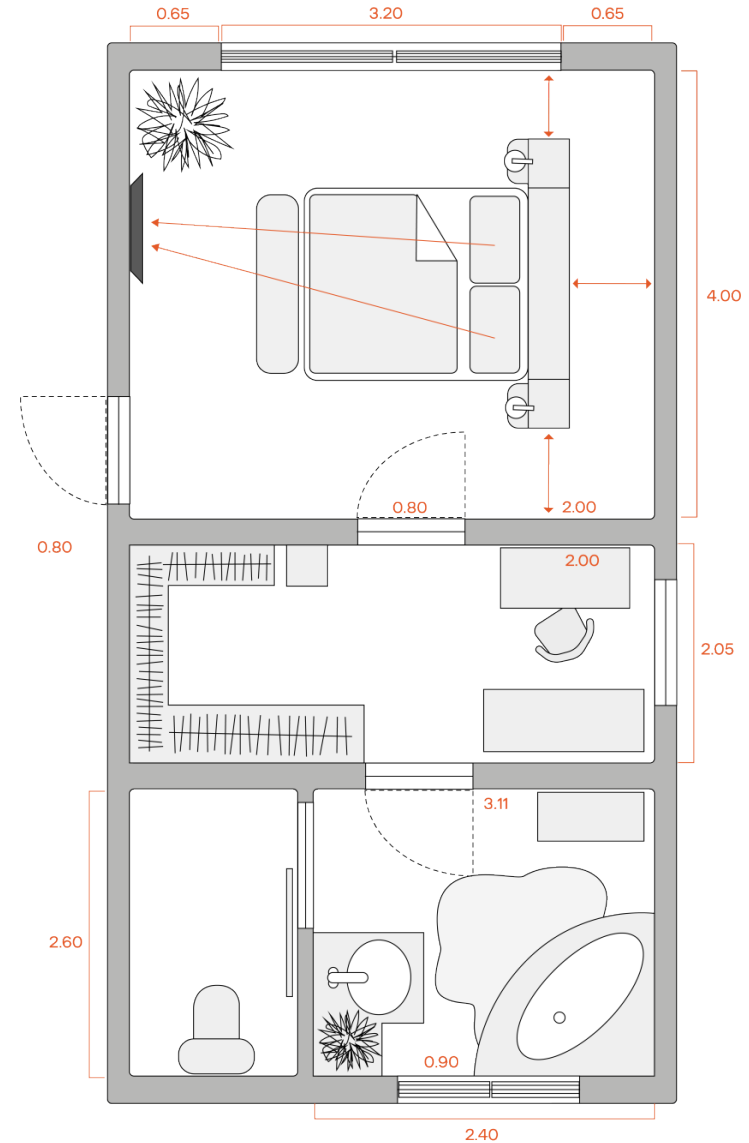
Let's summarize

// Standard width of a double bed: 140/160/180/200 cm (based on the mattress)

// Comfortable walkways: 600 mm

// Depth of hinged wardrobes: 500 mm; sliding wardrobes: 600 mm

// Minimum comfortable width of a desk: 600 mm

// Corner wardrobes are not as spacious as they seem

diskill

Thank you
for your attention!

And see you in the next lesson 😊