

If you've found yourself cramped at your workstation — perhaps trying to enjoy an online break at mrq.com or tackling a heavy workday setup — you're not alone. Desk clutter and lack of effective space management can hurt productivity and comfort. The challenge is to create more room without splurging on a new desk. With nine years measuring and fitting desks and workstations, I've learned a thing or two about optimizing space using simple tools like a tape measure and a floor plan sketch. Today, I'll walk you through practical steps to free up desk space that comply with Occupational Safety and Health Administration (OSHA) guidelines while keeping comfort and efficiency front and center.

Step 1: Measure Your Floor Space and Obstacles First

Before moving anything, grab your **tape measure**. It's amazing how many people skip this and regret it later. Use it to measure:

- Width and depth of the area where your desk sits
- Distance from walls, doors, and windows
- Clearance around furniture, especially chair pull-back space

Using these measurements, sketch a simple floor plan on paper or use a digital tool. Map out not only the desk but also doors swings (never block those with desk corners!) and outlet locations—because where you plug in your equipment hugely impacts desk placement.



Why is this important? The Occupational Safety and Health Administration (OSHA) advises maintaining unobstructed pathways and ensuring proper workstation setup to prevent injuries. A tape measure might seem old school, but it's your first line of defense.

Step 2: Match Desk Size to Equipment and Activities

Many make the mistake of buying the biggest desk available, thinking more space always means better workspace. But a desk too large for your equipment and workflow eats into your room and can stifle movement.

Measure your key gear:

- Monitor(s): Check both the screen size and the actual height and width of the monitor stand/base.
- Keyboard and mouse tray dimensions.
- Additional gear like graphics tablets, gaming consoles, or speaker setups.

Consider your work style:

- If you mostly use a computer and occasional paperwork, a smaller footprint desk paired with smart accessories might suffice.
- For intense multi-monitor setups or creative workflows, desk depth and sturdiness might demand a larger surface.

Pro Tip: Use a Monitor Arm for a Small Desk

One of the best upgrades if your desk feels cramped is installing a **monitor arm for a small desk**. These arms clamp on the back or side and free up valuable surface space by lifting monitors off the desktop. They allow height, tilt, and swivel adjustments to improve ergonomics too.

This simple addition can instantly provide several inches of cleared desk area and a more comfortable viewing experience without buying a new desk.

Step 3: Pay Close Attention to Chair Clearance — The Make-or-Break Measurement

If your chair can't comfortably pull back several inches, your ergonomics and ease of use take a hit. Many folks overlook this and end up wedged awkwardly, or worse, hitting desk corners on the way in and out.

Item	Recommended Clearance	Reason
Chair pull-back space	24-30 inches behind the desk	Allows easy movement and prevents injury
Desk height	28-30 inches	Standard height for most chairs and comfort
Legroom under desk	At least 24 inches wide, 18 inches deep	Comfortable sitting and movement space

Measure these clearances carefully. I keep a tape measure in my desk drawer and literally check door swings and chair clearances before recommending where a desk should go. This habit keeps my clients happy and safe.

Step 4: Use Under-Desk Storage and Cable Management to Declutter

Under-Desk Cable Tray

Cables can become a tangle nightmare and take up precious desk real estate. Enter the **under-desk cable tray**. This simple, often metal or plastic rack attaches to the underside of your desk and corrals power strips, cables, and adapters out of sight.

This solution is inexpensive and can significantly cut clutter, especially if you are running multiple devices or chargers at your workstation. Remember to map out your outlet locations in step one, so cables reach comfortably without tension.

Wall-Mounted Shelves for Gaming and More

If you have gaming gear or collectibles, wall-mounted shelves are a game changer. Instead of squeezing everything on your desk, moving items vertically frees up horizontal surface space.

For gaming setups or multi-device workstations, installing sturdy shelves designed to hold monitors, consoles, or décor can open up room for keyboards and writing space below.

Step 5: Position Your Desk and Equipment to Avoid Screen Glare

I get annoyed when users blame their monitor for eye strain, but the root cause is poor placement. Bright windows directly opposite your monitor create glare that no anti-glare screen can fully fix.

- Place your desk with your back to a window or parallel to it.
- Use blinds or curtains to moderate sunlight.
- Consider monitor arms to tilt screens away from glare spots.

Properly measured and placed equipment combined with clever space-saving tools will reduce eye strain, improve comfort, and remove the [inchesguide.com](https://www.inchesguide.com) excuse of needing brand new hardware.

Summary: Optimize Your Existing Desk Space with Smart Planning

Buying a new desk isn't always the answer. Here's a quick checklist to help transform your current setup:



1. **Measure your available floor space and obstacles carefully** — doors, outlets, and chair clearance aren't optional considerations.
2. **Match desk size to your equipment and activity level**, using a tape measure and simple floor plan sketch to visualize.
3. **Optimize ergonomics by securing enough clearance for chair movement.**
4. **Introduce monitor arms** to free up desk surface area.
5. **Manage cables with under-desk trays** to improve tidiness and safety.
6. **Use wall-mounted shelves** to take advantage of vertical space, especially for gaming gear or decorations.
7. **Reposition your desk and monitor** to avoid glare and eye fatigue.

By designing and measuring intentionally, you'll maintain compliance with OSHA recommendations and enjoy a clutter-free, efficient workspace—for work, play, or even an online casino break on sites like mrq.com!

And remember: always keep that tape measure handy. You never know when you'll need to check that chair clearance or outlet distance again.