GRAINBENCH ORIGINAL | CONFIDENT BEGINNER

The Under Desk Foot Platform

A low, slatted footrest for under a desk. Three 1x4 slats sit on two upright runners, all from one board.



SIZE	SKILL	TIME	JOINERY
18 in wide, 11-1/4 in deep, 4-1/4 in tall	Confident beginner	About 1 to 2 hours, plus finish drying	Screws and glue

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01 / MATERIALS AND TOOLS

What to buy.

LUMBER AND SHEET GOODS

BUY	USED FOR
1 x 1x4 board, 8 ft	R runners, T slats

A 1x4 is actually about 3/4 x 3-1/2 in. Everything comes from one 8 ft board.

HARDWARE AND SUPPLIES

ITEM	AMOUNT
#8 x 1-1/2 in flathead wood screws	12, plus a few spares
Wood glue	Small bottle of interior wood glue
Sandpaper	120 and 180 grit
Finish	About 250 mL (half a pint) of paint, stain or clear water-based polyurethane
Non-slip strips	2, for under the runners

TOOLS

- Saw for straight crosscuts: mitre saw, or circular saw with a speed square
- Drill/driver with a countersink bit
- Tape measure, pencil and a combination or speed square
- 2 clamps that open to at least 12 in
- Sander or sanding block
- Safety glasses and hearing protection
- Two 3/8 in spacers (scrap)

02 / CUT LIST

Cut the parts.

Cut the slats T and runners R square so the platform sits flat.

ID	PART	QTY	LENGTH	WIDTH	THICK	FROM
T	Slats	3	18 in	3-1/2 in	3/4 in	1x4
R	Runners	2	11-1/4 in	3-1/2 in	3/4 in	1x4

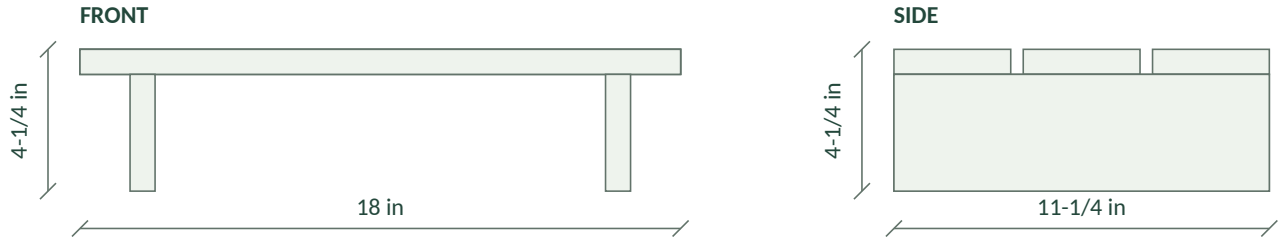
CUTTING DIAGRAMS

1x4 x 8 ft

78 in used, including 1 in to square the end and 1/8 in per cut



FINISHED SIZE



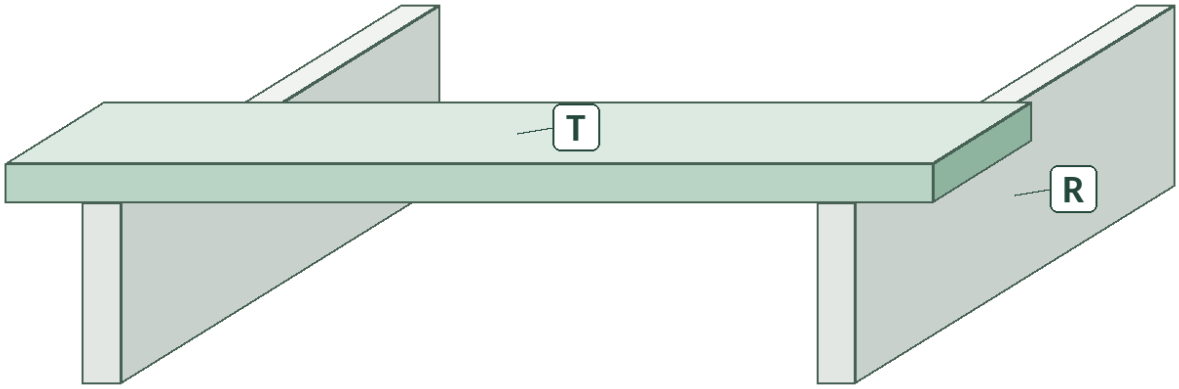
The runners stand on their edges, 1-1/2 in in from each end of the slats. The slats have 3/8 in gaps between them.

03 / BUILD

Put it together.

STEP 1 Attach the front slat

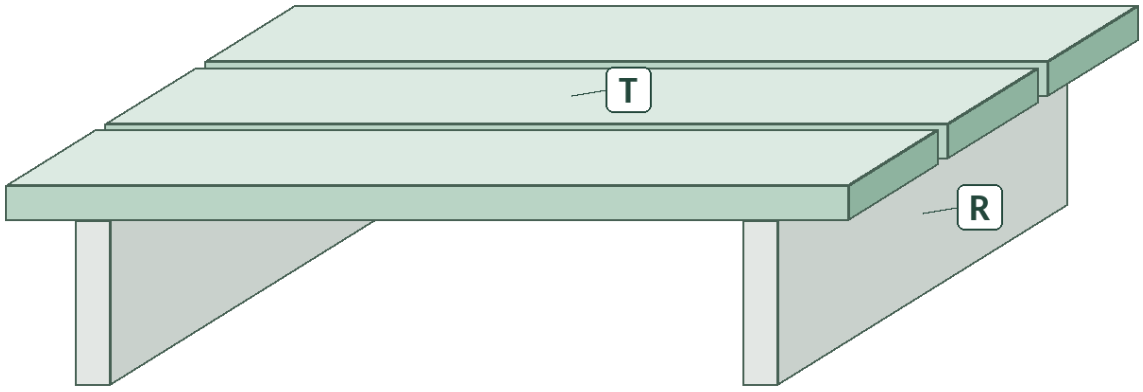
Stand both **R** on edge, parallel. Drill and countersink 2 holes at each end of a **T**, centred over the runners, 1 in from its front and back edges. Glue and screw it on flush with the runner fronts, 1-1/2 in in from each end.



GREEN: added in this step | GREY: already in place

STEP 2 Add the other slats

Fit the middle and back slats the same way, using 3/8 in spacers to set the gaps. Check all three sit level.



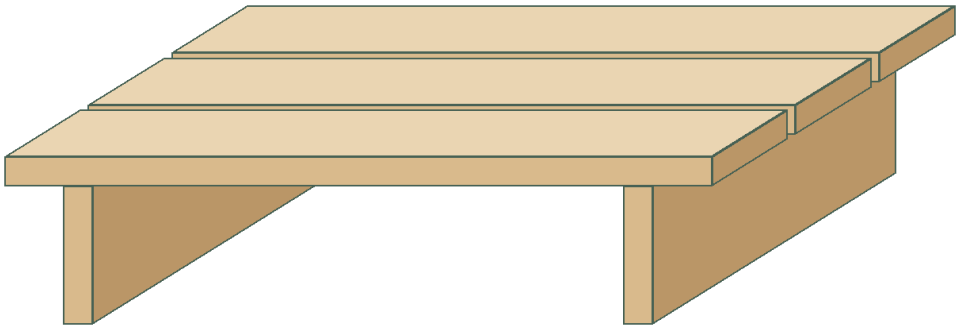
GREEN: added in this step | GREY: already in place

03 / BUILD, CONTINUED

STEP 3

Finish

Sand all the edges smooth so socks will not snag, finish, and add non-slip strips under the runners.



CARE

For resting your feet while seated. Do not stand on it.

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Dimensions, part counts and cutting layouts were checked digitally. The plan has not been load-tested.