On-center layout refers to measurement taken from exact centers of framing members, in this case 16" OC.

When 16" OC layout is marked from left side of wall, X mark indicates that joist must be nailed to right side of mark.

When 16" OC layout is marked from right side of wall, X mark indicates that joist must be nailed to left side of mark.
LAYING OUT A DECK: Using 16” O.C. Layout

Floor Joists 16” OC with Panel Subfloor

In this application, floor joists are placed 16” OC and layout has been started from the right side. The first joist is marked at 15 ¼” to ensure that the 4’ or 8’ edge of a panel will fall on the center of a joist. The layout for the following joists is then OC. A doubled joist is laid out at the left.