

COMPUTER WORKSTATION ERGONOMIC EVALUATION

EH&S and Employee Self Evaluation Tool

Employee Name	Department	Job Title
Phone	Location of Evaluation	Evaluated by
INSTRUCTIONS: Reference guidelines on next page as you're evaluating items. Note details or questions in comments.		Evaluation Date

<u>Chair</u>	Acceptable	Needs Improvement	<u>Evaluation Comments:</u>
Seat height	<input type="checkbox"/>	<input type="checkbox"/>	
Seat back	<input type="checkbox"/>	<input type="checkbox"/>	
Seat depth	<input type="checkbox"/>	<input type="checkbox"/>	
Seat pan tilt	<input type="checkbox"/>	<input type="checkbox"/>	
Armrest position	<input type="checkbox"/>	<input type="checkbox"/>	
<u>Keyboard and Mouse</u>	Acceptable	Needs Improvement	
Keyboard height	<input type="checkbox"/>	<input type="checkbox"/>	
Keyboard-to-user distance	<input type="checkbox"/>	<input type="checkbox"/>	
Keyboard slope	<input type="checkbox"/>	<input type="checkbox"/>	
Mouse height	<input type="checkbox"/>	<input type="checkbox"/>	
Mouse-to-user distance	<input type="checkbox"/>	<input type="checkbox"/>	
<u>Monitor</u>	Acceptable	Needs Improvement	
Monitor height	<input type="checkbox"/>	<input type="checkbox"/>	<i>Contacts/Glasses</i>
Monitor-to-user distance	<input type="checkbox"/>	<input type="checkbox"/>	
Monitor alignment w/ user	<input type="checkbox"/>	<input type="checkbox"/>	
Visual comfort of screen	<input type="checkbox"/>	<input type="checkbox"/>	
<u>Environment</u>	Acceptable	Needs Improvement	
Leg clearance at workstation	<input type="checkbox"/>	<input type="checkbox"/>	<i>Dominant Hand?</i>
Placement of frequently used items	<input type="checkbox"/>	<input type="checkbox"/>	
General/ task lighting	<input type="checkbox"/>	<input type="checkbox"/>	
<u>Work Practices</u>	Acceptable	Needs Improvement	
Frequency of microbreaks	<input type="checkbox"/>	<input type="checkbox"/>	<i>Under care of physician/physical therapist:</i>
Keyboarding posture	<input type="checkbox"/>	<input type="checkbox"/>	
Sitting posture	<input type="checkbox"/>	<input type="checkbox"/>	
Phoning posture	<input type="checkbox"/>	<input type="checkbox"/>	
Alternate tasks	<input type="checkbox"/>	<input type="checkbox"/>	
Recommended Items (filled-out by EH&S)			Proper Workstation Setup:
<input type="checkbox"/> Adjustable ergonomic chair <input type="checkbox"/> Adjustable keyboard/mouse tray <input type="checkbox"/> Lumbar support cushion <input type="checkbox"/> Monitor riser <input type="checkbox"/> Foot rest <input type="checkbox"/> Mouse bridge <input type="checkbox"/> Wristrest pad <input type="checkbox"/> Anti-glare screen, or screen hood <input type="checkbox"/> Reference document holder <input type="checkbox"/> Slantboard for reading <input type="checkbox"/> Telephone headset <input type="checkbox"/> Chair insert <input type="checkbox"/> Other			

Contacts/Glasses

Dominant Hand?

Under care of physician/physical therapist:

Daily computer usage/schedule:

Evaluator Notes (in person evals) Sitting Standing

Height at eye

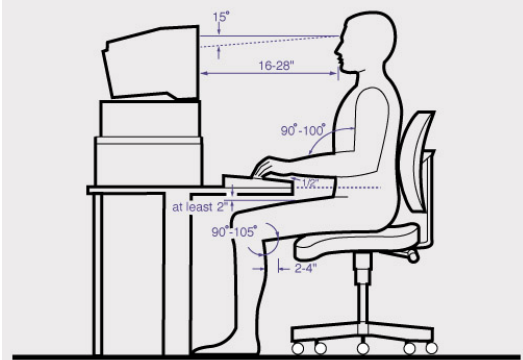
Height to elbow

Height of desk

Depth of desk

Width of work area/tray

Height of person



Note: This work station ergonomic evaluation is only valid for the particular employee and work station reviewed.

ERGONOMIC EVALUATION GUIDELINES

1. Chair	
Seat height	Adjust seat height so feet are flat on the floor or footrest, knees are bent at right angles and thighs are horizontal to floor.
Seat back	Adjust seat back so it supports the lumbar curve of the spine.
Seat pan depth	Adjust seat pan depth so seat cushion is about 1 - 4" from the backs of knees.
Seat pan tilt	Adjust seat pan tilt so hips and tops of thighs are at right angles or greater.
Armrest position	Adjust armrests so that they are out of the way while typing, but may provide support during other activities (i.e. phone use, meetings, etc.).
2. Keyboard and Mouse	
Keyboard height	Adjust keyboard height so arms and forearms are at right angles or slightly greater and forearms and hands form straight lines.
Keyboard-to-user distance	Keyboard-to-user distance should allow user to relax shoulders with elbows hanging close to body.
Keyboard slope	Position keyboard a flat or slightly negatively sloped.
Mouse-to-user distance	Mouse should be directly next to the keyboard.
Mouse height	Adjust mouse so it is close to and on the same level as the keyboard.
3. Monitor	
Monitor height	Adjust monitor height so top of screen is at or slightly lower than eye level.
Screen-to-user distance	Viewing distance is approximately arm's distance away (16" - 28").
Monitor alignment w/ user	Monitor and keyboard should be placed directly in front of user.
Visual comfort of screen	Monitor should be positioned to avoid glare (perpendicular to window/ strong light source)
4. Work Environment and Work Surface	
Leg clearance at workstation	Width = 2" + hip width, Height= Highest point of thighs or higher, Depth= Allows proper sitting position while giving foot/knee clearance
Placement of frequently used items	Advise employee to keep frequently used items (i.e. phone) close at hand
General task lighting	Ensure lighting is not direct or overly bright.
5. Work Practices	
Frequency of microbreaks	Get out of chair at least once per hour, microbreak every 30 min of keyboarding
Keyboarding posture	Keep wrists straight, avoid supporting wrists on any surface while typing
Sitting posture	Upright or slightly reclined posture, maintain hollow in lower back.
Phoning posture	Avoid tilting head/neck to cradle the phone. Use hand to hold receiver.
Alternate tasks	Break up long periods of continuous computer use by performing small tasks/ errands.

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