

## **Self Evaluation - Work Station Ergonomics**

### **Neck or Shoulder Pain – Self Evaluation**

**Yes No**

\_\_\_ \_\_\_

Is your head neutral without tilting or twisting to view screen or documents, i.e. ears in vertical alignment with shoulders, elbow and hip joint?

\_\_\_ \_\_\_

Are the screen and copy at eye level; are eyes in line with the top edge of CRT when head is held erect?

\_\_\_ \_\_\_

Are your shoulders relaxed and symmetrical vs. elevated to hold phone or phone cradle?

\_\_\_ \_\_\_

Do you lean forward to see the screen clearly. (Most common when using reading glasses as computer glasses.)

### **Elbow, Arm and Forearm Pain – Self Evaluation**

\_\_\_ \_\_\_

Are your elbows at your sides, bend like a corner, and forearms parallel with the floor?

\_\_\_ \_\_\_

Are your wrists straight or parallel to the floor, with fingers slightly rounded?

\_\_\_ \_\_\_

Is the mouse directly in front of your shoulder? Reaching to the side may result in pain in the forearm near the elbow.

### **Wrist Pain, Hand and Finger Discomfort – Self Evaluation**

\_\_\_ \_\_\_

Is the mouse at the same level as the keyboard?

\_\_\_ \_\_\_

Is the mouse located directly in front of you?

\_\_\_ \_\_\_

Do your hands float above the keys when using the keyboard? Resting the palms may result in pain.

### **Back Pain – Self Evaluation**

\_\_\_ \_\_\_

Are other frequently used items within easy reach?

\_\_\_ \_\_\_

Does the chair back support the lower back at the bent line and comfortably hug the rest of the back?

\_\_\_ \_\_\_

Is there a 2" to 3" clearance between the seat cushion and the back of your knees?

\_\_\_ \_\_\_

Are your thighs parallel to the floor, knees slightly lower than hips and your legs at 90 to 120 degree angle to your body?

\_\_\_ \_\_\_

Are your knees bent like a corner with your feet flat on the floor?