

# ERGONOMICS

	yes	no
Can the work be performed without eye strain or glare to the employees?	<input type="checkbox"/>	<input type="checkbox"/>
Does the task allow for neutral positioning of the arms?	<input type="checkbox"/>	<input type="checkbox"/>
Does the task allow for relaxed neck and shoulder positioning?	<input type="checkbox"/>	<input type="checkbox"/>
Are the pressure points minimized on all any parts of the body (wrists, forearms, back of thighs)?	<input type="checkbox"/>	<input type="checkbox"/>
Can the work be done using the larger muscles of the body?	<input type="checkbox"/>	<input type="checkbox"/>
Can the work be done without twisting or overly bending the lower back?	<input type="checkbox"/>	<input type="checkbox"/>
Are there sufficient rest breaks, in addition to the regular rest breaks, to relieve stress from repetitive-motion tasks?	<input type="checkbox"/>	<input type="checkbox"/>
Are tools, instruments and machinery shaped, positioned and handled so that tasks can be performed comfortably?	<input type="checkbox"/>	<input type="checkbox"/>
Are all pieces of furniture adjusted, positioned and arranged to minimize strain on all parts of the body?	<input type="checkbox"/>	<input type="checkbox"/>
<u>Computer Users</u>		
Is the monitor 18-36 inches from the eyes?	<input type="checkbox"/>	<input type="checkbox"/>
Is the monitor at eye level or lower?	<input type="checkbox"/>	<input type="checkbox"/>
Is the chair fully adjustable with short, adjustable arms?	<input type="checkbox"/>	<input type="checkbox"/>
Does the chair provide lumbar support?	<input type="checkbox"/>	<input type="checkbox"/>
Is the keyboard and mouse at a height that allows the employee to have forearms and wrists parallel to the floor while using?	<input type="checkbox"/>	<input type="checkbox"/>
Does the employee have to reach for the keyboard or mouse?	<input type="checkbox"/>	<input type="checkbox"/>
Is the keyboard flat?	<input type="checkbox"/>	<input type="checkbox"/>
Does the employee keep his/her palms or wrists straight and off the desk and wristrest while typing?	<input type="checkbox"/>	<input type="checkbox"/>