Ergonomic Assessments

Ergonomics is the science of fitting workplace conditions and job demands to the capabilities of the worker. Ergonomic assessments refers to assessing those work-related factors that may pose a risk of musculoskeletal disorders and recommendations to alleviate them.

Self-Assessment

Simple adjustments and minor modifications often resolve improper workstation setups and or improve proper ergonomic postures. Adjustments often reduce the need for additional equipment purchases and can eliminate/reduce discomfort or injury. Utilize the Computer Ergonomics document as a self-assessment tool.

Steps to Request an Ergonomic Assessment

If individuals are still feeling discomfort or cannot make adjustments to their workstation after utilizing the self-assessment tool, they are encouraged to contact EHS for an evaluation of their workstation.

The evaluation usually takes 20 minutes. EHS will make adjustments and modifications. Adjustments are made to the chair, keyboard/keyboard tray, computer monitor, and other computer workstation equipment.

During the on-site evaluation, EHS will assess the workstation and the typical tasks that are performed by the employee.

In some circumstances, new or additional equipment is recommended, such as: ergonomic chairs, keyboard trays, or document holders. Any costs incurred of new equipment are the responsibility of the department.

After the evaluation is completed, a written report with recommendations on proper setup and equipment will be e-mailed to the requestor.