Computer Workstation Ergonomics Self-Assessment Checklist

Sitting Workstation

- ☐ Back supported by chair
- ☐ Feet flat on floor or footrest
- ☐ Thighs parallel to floor
- ☐ Shoulders hang naturally
- ☐ Elbows close to body
- ☐ Monitor height adjusted to slightly below eye-level
- ☐ Monitor / keyboard / chair aligned
- ☐ Clean screen
- ☐ Adequate lighting

Standing Workstation

- ☐ Spine in neutral position
- ☐ Anti-fatigue mat
- ☐ Shoulders relaxed, not raised
- ☐ Elbows close to body
- ☐ Monitor height adjusted to slightly below eye-level
- ☐ Clean screen
- ☐ Adequate lighting

Recommendations/Requests:

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_____   _____
Employee   Location

_____   _____
Evaluator   Date

AF Group

AccidentFund   UnitedHeartland   CompWest   ThirdCoast Underwriters