

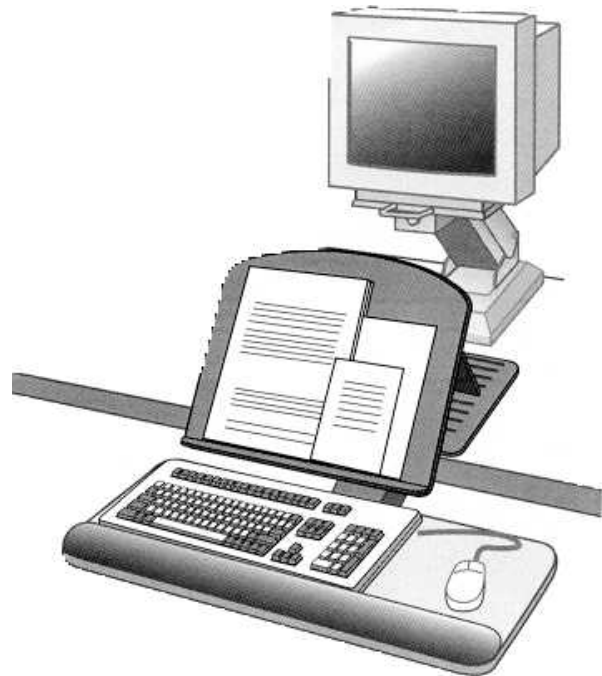
Computer Workstation Checklist

Does the workstation ensure proper worker posture including...

- Horizontal thighs? Yes No
- Vertical lower legs? Yes No
- Feet flat on floor or footrest? Yes No
- Neutral wrists? Yes No

Does the chair...

- Adjust easily? Yes No
- Have a padded seat with a rounded front? Yes No
- Have an adjustable backrest? Yes No
- Provide lumbar support? Yes No
- Have armrests? Yes No
- Have rolling casters? Yes No



- Are the height and tilt of the work surface on which the keyboard is located adjustable? Yes No
- Is the mouse level with and adjacent to the keyboard? Yes No
- Is there an adjustable document holder? Yes No
- Are glare and reflections avoided? Yes No
- Do operators judge the distance between eyes and work to be satisfactory for their viewing needs? Yes No
- Is the monitor at a height, such that the top line of text is at eye level when the operator is properly seated? Yes No
- Is there sufficient space for knees and feet? Yes No
- Are employees trained in...
 - Proper posture and body mechanics? Yes No
 - When and how to adjust their workstations? Yes No
 - How to seek assistance for their concerns? Yes No

“No” responses indicate potential problem areas that should receive further investigation.