

**ERGONOMICS LABORATORY SELF-ASSESSMENT CHECKLIST**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_**

**Laboratory Section:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Work Area Satisfactory y/n?**

**Computer Workstations**

1. **Chair height adjustability and ease of use. \_\_\_\_\_\_\_\_\_\_\_**
2. **Lumbar back support. \_\_\_\_\_\_\_\_\_\_\_**
3. **Footrest accessibility. \_\_\_\_\_\_\_\_\_\_\_**
4. **Ample leg room. \_\_\_\_\_\_\_\_\_\_\_**
5. **Positioning of keyboard and mouse. \_\_\_\_\_\_\_\_\_\_\_**

**(Employee should be able to rest their arms at their sides**

**With forearms parallel to the floor.) \_\_\_\_\_\_\_\_\_\_\_**

1. **Positioning of monitor. \_\_\_\_\_\_\_\_\_\_\_**

**(Monitor should be at arm length or approx. (18 – 30 inches) \_\_\_\_\_\_\_\_\_\_\_**

1. **Height of monitor.**

**(Screen should be at eye level) \_\_\_\_\_\_\_\_\_\_\_**

1. **Document holder accessibility.**

**(Document holder should be adjacent to and in the same plane**

**as the computer screen) \_\_\_\_\_\_\_\_\_\_\_**

**Laboratory Benches**

1. **Accessibility of anti-fatigue mat. \_\_\_\_\_\_\_\_\_\_\_**

**(Helpful for employees who stand for extended periods of time)**

1. **Height of bench and adjustability of chair. \_\_\_\_\_\_\_\_\_\_\_**
2. **Adequate leg room. \_\_\_\_\_\_\_\_\_\_\_**
3. **Absence of contact stressors such as bench tops with sharp edges. \_\_\_\_\_\_\_\_\_\_\_**

**Microscopes**

1. **Positioning of employee at the microscope. \_\_\_\_\_\_\_\_\_\_\_**

**(Employee should not be hunched over and neck flexion should be**

**< 25 degrees) \_\_\_\_\_\_\_\_\_\_\_**

1. **Absence of contact stressors between sharp edges and the forearms. \_\_\_\_\_\_\_\_\_\_\_**
2. **Ample leg room. \_\_\_\_\_\_\_\_\_\_\_**
3. **Accessibility of foot rests. \_\_\_\_\_\_\_\_\_\_\_**

**Pipetting**

1. **Accessibility of electronic multichannel pipetters for high volume areas. \_\_\_\_\_\_\_\_\_\_\_**
2. **Reasonable amount of hours employee is pipetting. \_\_\_\_\_\_\_\_\_\_\_**

**(Should not exceed 2 hours a day)**