**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 pipettors for high volume areas. \_\_\_\_\_\_\_\_\_\_\_
2. Reasonable amount of hours employee is pipetting. \_\_\_\_\_\_\_\_\_\_\_

(Should not exceed 2 hours a day)

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| --- | --- | --- | --- |
|  | Printed Name | Signature | Date |
| Prepared By: |  |  |  |