

Ergonomics

Computer Workstation Checklist

WORKING CONDITIONS	Y	N
The workstation is designed or arranged for doing VDT tasks so it allows the employee's...		
A. Head and neck to be about upright (not bent down/back).		
B. Head, neck and trunk to face forward (not twisted).		
C. Trunk to be about perpendicular to floor (not leaning forward/backward).		
D. Shoulders and upper arms to be about perpendicular to floor (not stretched forward) and relaxed (not elevated).		
E. Upper arms and elbows to be close to body (not extended outward).		
F. Forearms, wrists, and hands to be straight and parallel to floor (not pointing up/down).		
G. Wrists and hands to be straight (not bent up/down or sideways toward little finger).		
H. Thighs to be about parallel to floor or be supported by a stable footrest.		
I. Feet to rest flat on floor or be supported by a stable footrest.		
J. VDT tasks to be organized in a way that allows employee to vary VDT tasks with other work activities, or to take micro-breaks or recovery pauses while at VDT workstation.		
SEATING		
The Chair...		
1. Backrest provides support for employee's lower back (lumbar area).		
2. Seat width and depth accommodate specific employee (seatpan not too big/small).		
3. Seat front does not press against the back of employee's knees and lower legs (seatpan not too long).		
4. Seat has cushioning and is rounded/ has "waterfall" front (no sharp edge).		
5. Armrests support both forearms while employee performs VDT tasks and do not interfere with movement.		
KEYBOARD/INPUT DEVICE		
<i>The keyboard/input device is designed or arranged for doing VDT tasks so that...</i>		
6. Keyboard/input device platform(s) is stable and large enough to hold keyboard and input device.		
7. Input device (mouse or trackball) is located right next to keyboard so it can be operated without reaching.		
8. Input device is easy to activate and shape/size fits hand of specific employee (not too big/small).		
9. Wrists and hands do not rest on sharp or hard edge.		
MONITOR		
The monitor is designed or arranged for VDT tasks so that...		
10. Top line of screen is at or below eye level so employee is able to read it without bending head or neck down/back. (For employees with bifocals/trifocals, see next item).		
11. Employee with bifocals/trifocals is able to read screen without vending head or neck backward.		
12. Monitor distance allows employee to read screen without leaning head, neck or trunk		

forward/backward.		
13. Monitor position is directly in front of employee so employee does not have to twist head or neck.		
14. No glare (e.g., from windows, lights) is present on the screen which might cause employee to assume an awkward posture to read screen.		

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WORK AREA	Y	N
The work area is designed or arranged for doing VDT tasks so that...		
15. Thighs have clearance space between chair and VDT table/keyboard platform (thighs not trapped).		
16. Legs and feet have clearance space under VDT table so employee is able to get close enough to keyboard/input device.		
ACCESSORIES		
17. Document holder, if provided, is stable and large enough to hold documents that are used.		
18. Document holder, if provided, is placed at about the same height and distance as monitor screen so there is little head movement when employee looks for document to screen.		
19. Wrist rest, if provided, is padded and free of sharp and square edges.		
20. Wrist rest, if provided, allows employee to keep forearms, wrists and hands straight and parallel to ground when using keyboard/input device.		
21. Telephone can be used with head upright (not bent) and shoulders relaxed (not elevated) if employee does VDT tasks at the same time.		
GENERAL		
22. Workstation and equipment have sufficient adjustability so that the employee is able to be in a safe working posture and to make occasional changes in posture while performing VDT tasks.		
23. VDT workstation, equipment and accessories are maintained in serviceable condition and function properly.		
PASSING SCORE = "YES" answer on all "working postures" items (A-J) and not more than two "NO" answers on remainder of checklist (1-23).		