Ergonomics

Ergonomics is the science of arranging your workstation to fit the employee. Working at your computer may cause sore muscles, headaches, eyestrain, tension, and fatigue. If you are not comfortable at your workstation there may be adjustments we can make to prevent the above symptoms. At your request, the Occupational Health Nurse will come to your workstation to check the following:

- Your comfort level at your workstation.
- The adjustments on your chair- height, tilt, arm and leg position, etc...
- Reorganization of your workstation if necessary. – Screen distance and height.
- Lighting- windows, overhead, and brightness of computer.
- Healthy Lifestyle- stretching and micro breaks.
- Putting it all together and checking your comfort level. Will your symptoms improve?

Fill out the following form and it will be submitted to the Occupational Health Staff.

Ergonomic Assessment Request Form

Date January - 01 - 2008

Employee's Name _____ Department _____

Location _____ Work Number ____ - ____ - ____

Average Daily Hours at Workstation ____

Are currently having pain or problems at your workstation? Please Explain:

The Occupational Health Nurse is available Monday and Wednesday 1:00 to 4:00 PM and Thursday from 8:00 AM to 4:00 PM.
Please submit day and time preferred for your Ergonomic Assessment and Occupational Health will notify you to confirm an appointment.

Please fill out, print and send it to Occupational Health Department.

Submit Online