
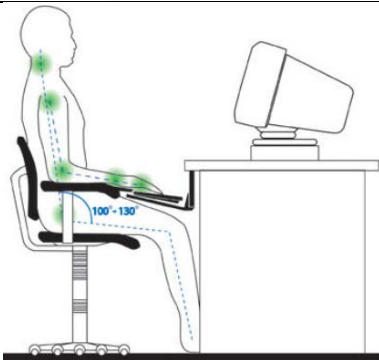
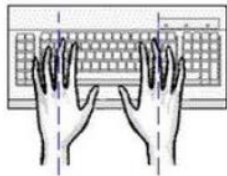

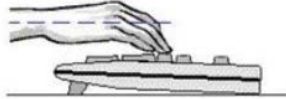
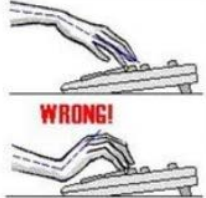

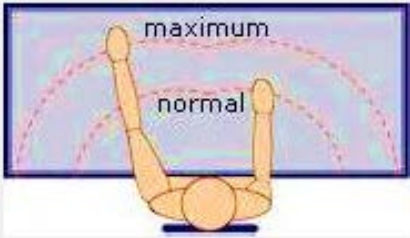
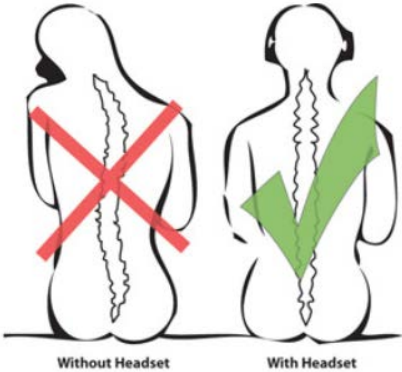


## Ergonomic Checklist

### Assessing the Workstation

Assessment	Example	Yes	No
Is your keyboard positioned directly in front of you, not angled on the desktop?		<input type="checkbox"/>	<input type="checkbox"/>
Is your keyboard positioned slightly below seated elbow height?		<input type="checkbox"/>	<input type="checkbox"/>
Can you reach the keyboard keys with your wrists as flat as possible (not bent up or down) and straight (not bent left or right)?	<div> <div>RIGHT!</div>  </div> <div> <div>WRONG!</div>  </div>	<input type="checkbox"/>	<input type="checkbox"/>
Are your wrists free from contact with hard surfaces or sharp edges?	<div> <div>RIGHT!</div>  </div> <div> <div>WRONG!</div>  </div>	<input type="checkbox"/>	<input type="checkbox"/>

Can you easily reach all frequently used accessories and supplies?			<input type="checkbox"/>	<input type="checkbox"/>
Can you reach infrequently used accessories and supplies while maintaining full contact with the chair backrest?			<input type="checkbox"/>	<input type="checkbox"/>
Is your head erect, not tilted to cradle phone on neck and shoulder, while talking on the phone?			<input type="checkbox"/>	<input type="checkbox"/>