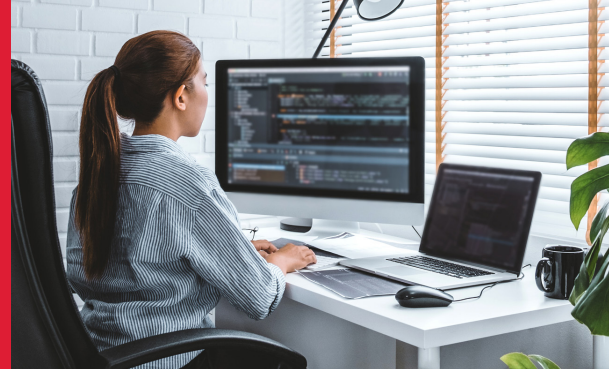
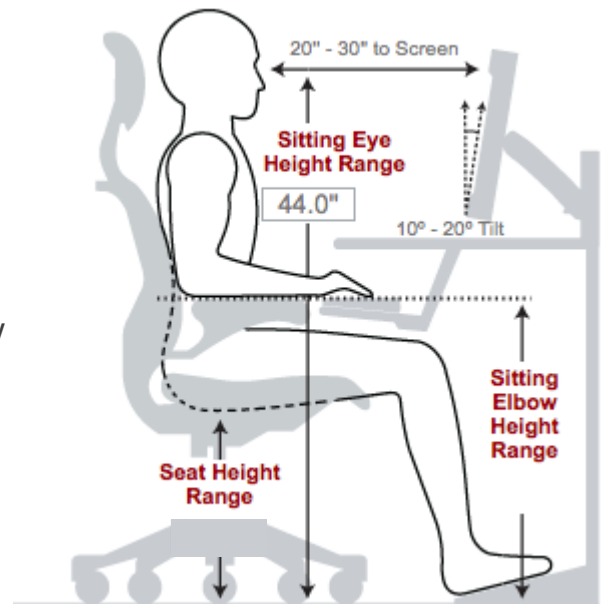


Ergonomic Self Evaluation



Compare your position at your workstation with the diagram

1. Turn off your monitor. Do you see glare from the windows, lights or surfaces on your screen? You may need to shift your desk to get rid of them.
2. Are your hips and knees level or knees slightly lower than hips when sitting at your desk? Knees should be apart to stabilize pelvis.
3. Are your feet flat on the floor?
4. Are your elbows near your side when typing?
5. Are your hands slightly lower than elbows when typing?
6. Are your shoulders relaxed (not hiked up)?
7. Is the top line of type on your monitor at eye level or slightly below? Can you look at the correct angle to see through your bifocal lens?
8. Is your mouse at the same level as your keyboard?
9. Is your back in alignment and supported by the chair?



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