

Computer Set Up Quiz

How “Ergonomically Friendly” is your computer workstation?

Working Heights:

- Is your work surface height adjustable (keyboard tray, table)?
- Are you working upright at your desk?

Keyboard Set Up:

- Are your wrists in neutral positions (i.e. straight) when typing?
- Are your wrists free of sharp edges (i.e. do you have a wrist rest or rounded corners on your desk)?

Computer Monitor Set Up:

- Is the top of your monitor at seated horizontal eye level?
- Has all glare been removed from your screen?
- Is the monitor approximately one arm's length away from you when you are sitting in a properly adjusted chair?
- Is your monitor tilted slightly away from you (i.e. backward)?

When Using the Mouse:

- Are your elbows close to your body and at 90 degrees?
- Are your wrists in neutral positions (i.e. straight)?
- Is the mouse at the same level as your keyboard?

Your Workstation Chair

- Is your chair height adjustable?
- Does your chair provide lumbar support (i.e. lower back support)?
- Is the backrest of your chair adjustable?
- Does the chair have 5 castors?
- Are the controls and adjustments user-friendly?
- Can you touch the ground after adjusting the seat height?
- Is your chair comfortable?
- Does the chair allow you to recline or rock while sitting in it?

TOTAL CHECKS

For maximum comfort and minimal risk of injury you should have checked off most of the boxes. If you have a category with a lower number of checks, the body part associated with its use is at higher risk of discomfort or injury. For every box you did not check off, you may have to adjust your workstation or purchase new or additional equipment.

Please note that this assessment does not cover all ergonomic workstation factors. It only focuses on some of the most common computer set up issues.

If you are experiencing discomfort while working you should have an ergonomic assessment completed by a professional.

