

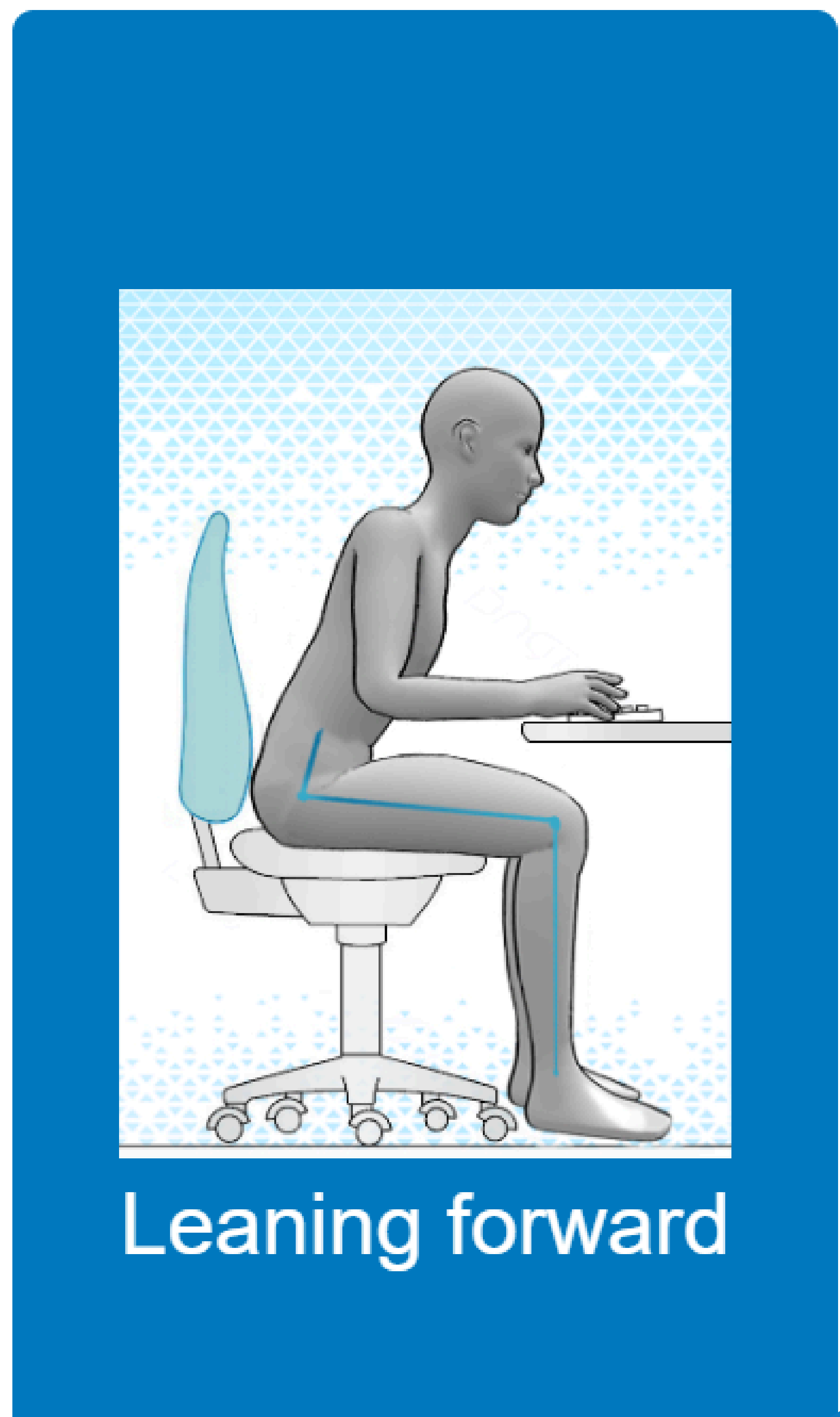
# Optimize Your Workplace with United States Ergonomics' Self Assessment

Designed For Work-From-Home and In-Office Setups

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## Select Your Posture

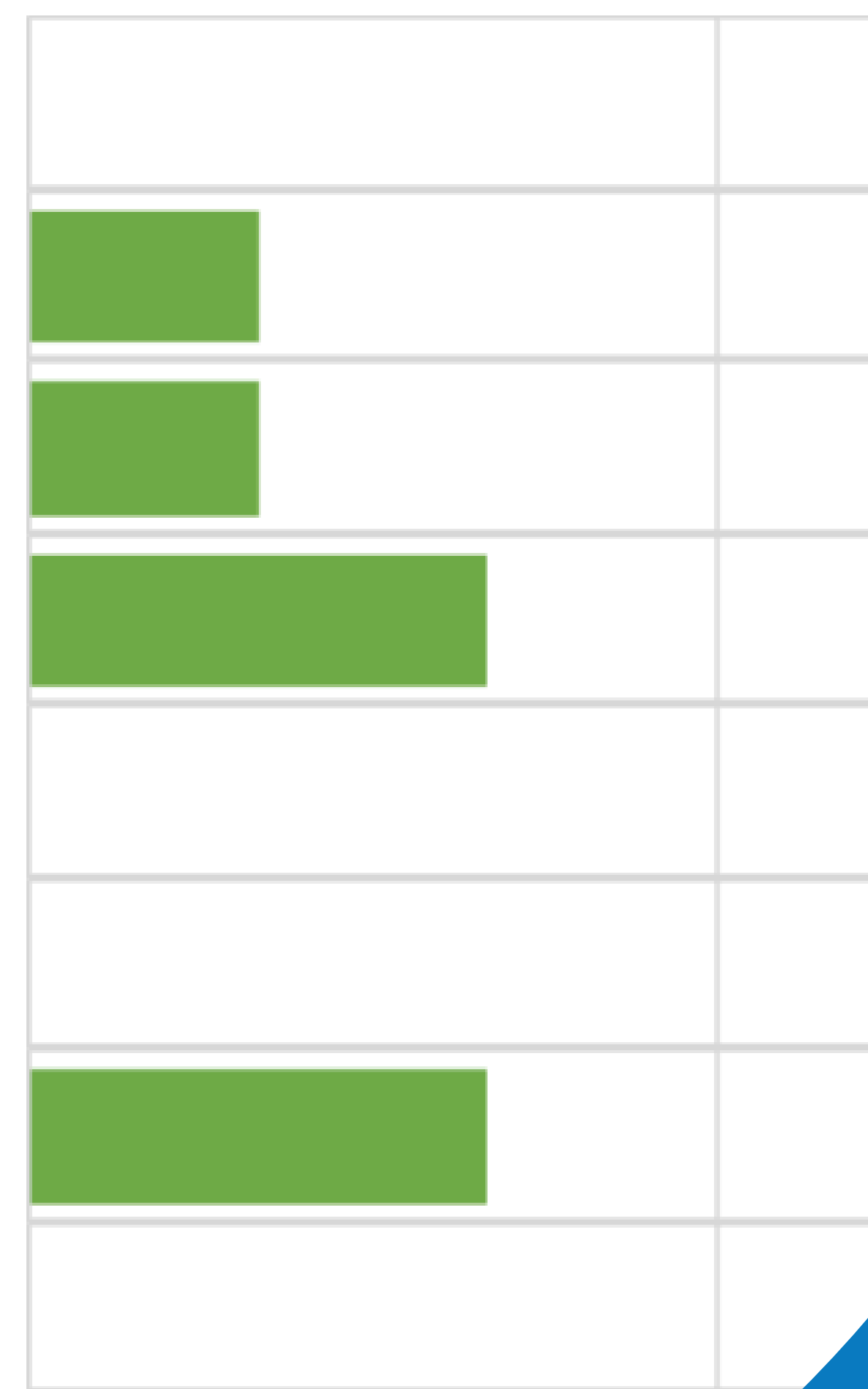
Identify your setup and techniques through a simple point-and-click questionnaire.



Leaning forward

## Ergonomic Risk Index

Eyes  
Neck  
Shoulders  
Back  
Elbow/Forearm  
Hands/Wrist  
Hips  
Legs



2

## Evaluate Risk

The system will identify opportunities to enhance your setup by improving your comfort.

### Sit back in your chair:

Leaning forward in your chair closes the hip angle and can put stress on your lower back. If you lean into the desk with your arms, it also increases the fatigue potential to your upper back, neck and shoulders. It is important to sit back in your chair as pictured below:



- Ensure you are sitting back fully in the chair, using the backrest for support
- Position the chair height so your resting elbow height is in-line with the keyboard/mouse; use foot support if needed
- Bring your keyboard and mouse closer to the desk edge to reduce reaching
- Bring monitor(s) closer to reduce the urge to lean forward
- Reposition your setup: If armrests hit the desk edge, preventing you from getting close, reposition your setup to the straight edge of the desk

Are you able to make these changes?

|                         | Yes                              | No                               | N/A                              |
|-------------------------|----------------------------------|----------------------------------|----------------------------------|
| Sit back fully          | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/>            |
| Adjust chair height     | <input type="radio"/>            | <input type="radio"/>            | <input checked="" type="radio"/> |
| Bring equipment closer  | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/>            |
| Bring monitor(s) closer | <input checked="" type="radio"/> | <input type="radio"/>            | <input type="radio"/>            |
| Re-position setup       | <input type="radio"/>            | <input checked="" type="radio"/> | <input type="radio"/>            |

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## Perform Corrections

A step-by-step list of ergonomic corrections will be generated specifically for your needs.

## Corrected Risk Index

Eyes  
Neck  
Shoulders  
Back  
Elbow/Forearm  
Hands/Wrist  
Hips  
Legs

