

Office Ergonomics Self -Inspection Checklist

This checklist is intended to highlight key aspects of a good ergonomic work environment. It is an assessment tool that allows an individual to consider various aspects of a workstation setup. The goal is to complete the checklist with as many "yes" answers as possible. If most responses are "no", please refer to <http://www.uvic.ca/hr/services/home/health/ergonomics/index.php> for potential solutions.

HEAD AND NECK

YES NO