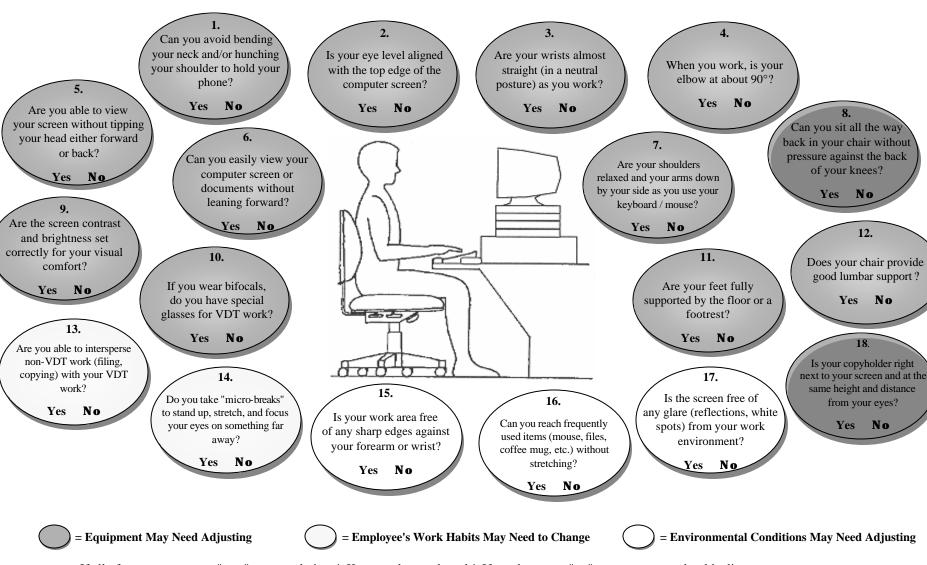
Office Ergonomics Checklist

While you are seated at your computer workstation, use this checklist to analyze your workstation layout and posture.



If all of your answers are "yes," congratulations! Keep up the good work! If you have any "no" responses, you should adjust your workstation so that your response can be "yes". Consult the other handouts for suggestions or talk to your local safety contact.

Name: Phone: Office Location: