

## Computer Workstation Checklist



Date: \_\_\_\_\_

Employee: \_\_\_\_\_

Location: \_\_\_\_\_

<b>1. Keyboard and Mouse</b>		<b>Status</b> Ok or No
Keyboard height	Adjust keyboard height so arms and forearms are at right angles or slightly greater and forearms and hands form straight lines.	
Keyboard-to-user distance	Keyboard-to-user distance should allow user to relax shoulders with elbows hanging close to body.	
Keyboard slope	Position keyboard flat or slightly negatively sloped.	
Mouse-to-user distance	Mouse should be directly next to the keyboard.	
Mouse height	Adjust mouse so it is close to and on the same level as the keyboard.	
<b>2. Chair</b>		
Seat height	Adjust seat height so feet are flat on the floor or footrest, knees are bent at right angles and thighs are horizontal to floor.	
Seat back	Adjust seat back so it supports the lumbar curve of the low back.	
Seat pan depth	Adjust seat pan depth so front edge of seat is about 2 - 4" from the backs of knees.	
Seat pan tilt	Adjust seat pan tilt so hips and tops of thighs are at right angles or slightly greater.	
Armrest position	Adjust armrests so that they are out of the way while typing, but may provide support during other activities (i.e. phone use, meetings, etc.).	
<b>3. Monitor</b>		
Monitor height	Adjust monitor height so top of screen is at or slightly lower than eye level.	
Screen-to-user distance	Viewing distance is approximately arms distance away (16"- 28").	
Monitor alignment w/user	Monitor and keyboard should be placed directly in front of user.	
Visual comfort of screen	Monitor should be positioned to avoid glare (perpendicular to window/ strong light source)	
<b>4. Work Environment and Work Surface</b>		
Leg clearance at workstation	Width = 2" + hip width, Height = Highest point of thighs or higher, Depth = Allows proper sitting position while giving foot/knee clearance.	
Placement of frequently used items	Keep frequently used items (i.e. phone) close at hand.	
General task lighting	Ensure lighting is not direct or overly bright.	
<b>5. Work Practices</b>		
Frequency of micro-breaks	Get out of chair at least once per hour, micro-break every 30 minutes of keyboarding	
Keyboarding posture	Keep wrists straight, avoid supporting wrists on any surface while typing..	
Sitting posture	Upright or slightly reclined posture, maintain slight hollow in lower back.	
Phoning posture	Avoid tilting head/neck to cradle the phone. Use hand to hold receiver or wear headset.	
Alternate tasks	Break up long periods of continuous computer use by performing small tasks/ errands	

<b>Recommendations: See narrative attached and recommendations.</b>
Note:

Source: Stanford University Ergonomics at Stanford