Office Ergonomics Self-Assessment

Below are suggestions for how you might conduct a self-assessment of your workspace. Please consult your doctor if you have any medical questions or concerns.

For more information of office ergonomics at the University of Connecticut, visit the EHS Ergonomics Program Web page (https://ehs.uconn.edu/employees/ergonomics/).

1. Chair
   - Neutral Position
   - Feet on Floor
   - Space Behind Knees

2. Desk
   - Stand when you can. Sit when you need to.
   - Avoid Sharp/Hard Edges

3. Computer
   - Neutral Position
   - Avoid Glare
4. Workspace

- Comfortable Lighting
- Frequently Used Items Close

* Practices

Pomodoro Technique:
- Goal/Task
- Timer
- Mark Progress
- Break

Ergonomics Questions?

Email: ehs@uconn.edu | shawna.lesseur@uconn.edu
Website: www.ehs.uconn.edu/employees/ergonomics/
Twitter: @UConnEHS