

SELF-ASSESSMENT

Working from home



To guide us in any future interventions, please complete this self-assessment form on your work environment at home.

If you have any questions, please contact us at info@ergokinox.com.

Name of employee:

Department :

What work surface do you use ?		Height	Units
☐	a desk		
☐	☐ with a keyboard tray		
☐	☐ without a keyboard tray		
☐	other work surfaces (e.g. kitchen island, kitchen table ...)		
☐	other		

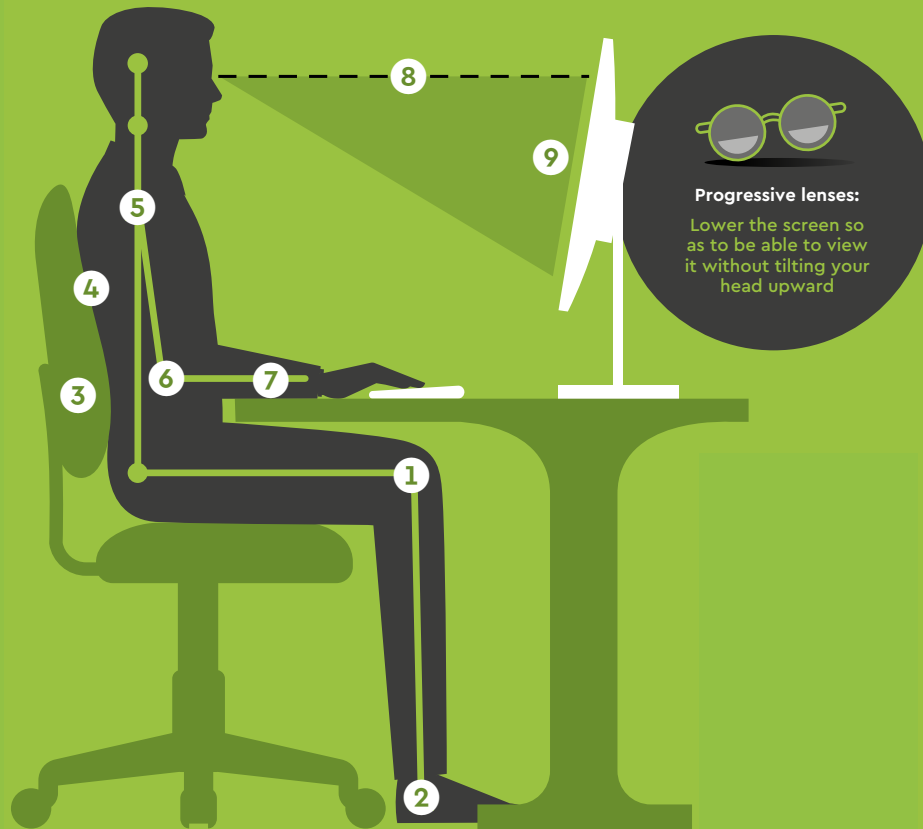
Your work surface...	Yes	No
☐ is uncluttered and large enough		
☐ is less than 24 inches in depth		
☐ is more than 27 inches in depth		

Your chair :		
☐	is not adjustable	
☐	has adjustments:	
☐	☐	the seat height is adjustable
☐	☐	the backrest is adjustable
☐	☐	the armrests are adjustable

You use :	
☐	a laptop only
☐	a laptop and an external mouse
☐	a laptop, external keyboard and mouse
☐	a desktop computer

You use :	
☐	the laptop screen only
☐	an external monitor
☐	the laptop screen and an external monitor

Referring to the diagram below, determine whether your position is adequate.



Points to assess	Yes	No
1 Your knees form a 90° angle and your thighs are parallel to the floor		
2 Your feet rest flat on the floor or on a footrest		
3 Your lumbar hollow is supported		
4 Your back is well supported		
5 Your shoulders are relaxed		
6 Your elbows are close to your body		
7 Your forearms are supported		
8 Your eyes are aligned with the upper portion of the screen		
9 The distance between you and the screen is at least one arm's length		

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Since you began working from home, have you noticed any musculoskeletal pain in the following anatomical regions?

Region	Never	Occasionally	Often	Constantly
Neck				
Trapezius				
Right shoulder				
Left shoulder				
Right elbow / forearm				
Left elbow / forearm				
Right wrist				
Left wrist				
Right hand				
Left hand				
Dorsal region (upper back)				
Dorsal region (lower back)				
Lower limbs				
Others :				

Workstation layout

What do you think are the problem areas related to your workstation?

Comments

Is there any other information that you would like to share with us?