COMPUTER WORKSTATION SELF-ASSESSMENT

The link below can be used to access a computer workstation self-assessment guide. This guide was developed by Dr. Alan Hedge a Professor in the Department of Design and Environmental Analysis, Cornell University and one of the nation’s leading ergonomist. His professional activities are extensive. He is a Certified Professional Ergonomist and a Chartered Ergonomist. He is a Fellow of 3 societies - the Human Factors and Ergonomics Society, the Institute of Ergonomics and Human Factors (formerly the UK Ergonomics Society), and the International Ergonomics Association.

Ergonomic Workstation Advisor

If after completing the self-assessment you still have unresolved workstation concerns or if you are experiencing increasing discomfort related to your workstation, please contact Risk Management to request an ergonomic evaluation.

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