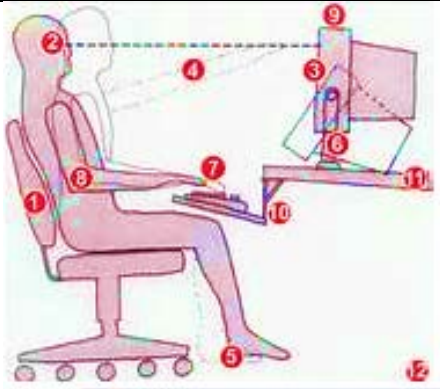







Ergonomic Checklist

Assessing the Chair

| Assessment | Example | Yes | No |
|--|---|--------------------------|--------------------------|
| Are you seated with your feet flat on the floor or on a footrest, and the backrest at optimal angle between 100-110-degrees? |  | <input type="checkbox"/> | <input type="checkbox"/> |
| Are your thighs and hips supported by a well-padded seat and generally parallel to the floor |  | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your seat pan depth too short (more than 2-4 finger length space behind the knee)? |  | <input type="checkbox"/> | <input type="checkbox"/> |

| | | | |
|---|--|--------------------------|--------------------------|
| Is the seat pan depth too long (less than 2 finger length space behind the knee)? |  | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your chair too low? (While sitting are your knees higher than your hips?) |  | <input type="checkbox"/> | <input type="checkbox"/> |
| Is your chair too high? (Knee angle greater than 90 degrees) |  | <input type="checkbox"/> | <input type="checkbox"/> |

| | | | |
|--|--|--------------------------|--------------------------|
| <p>Is your back supported by the chair's backrest when working at your computer?</p> |  | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>Are your armrests too high? (shoulders shrugged when the forearm is on the armrests and the elbow is at 90 degrees)</p> |  | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>Are your armrests too low?</p> |  | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>Insufficient space under the desk—Is the keyboard tray or other things blocking the legs from moving freely under the desk?</p> | | <input type="checkbox"/> | <input type="checkbox"/> |

Are your elbows close to your sides with your shoulders relaxed?



Armrest too
High & Wide

☐☐