

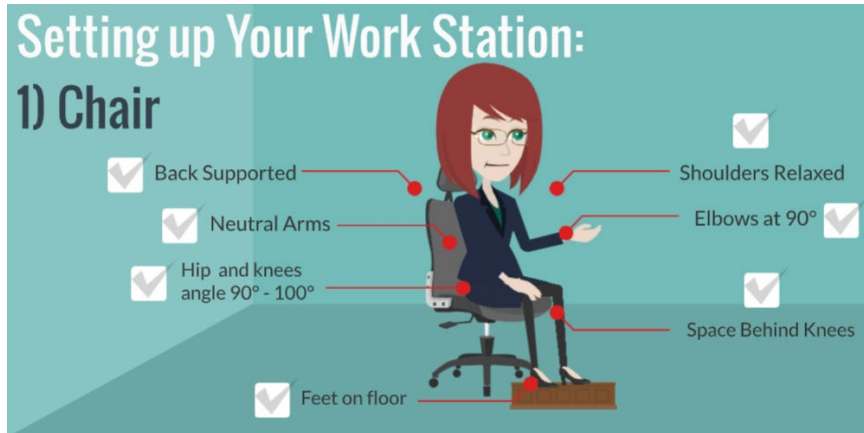
Office Ergonomics Self-Assessment

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/) (<https://ehs.uconn.edu/employees/ergonomics/>).

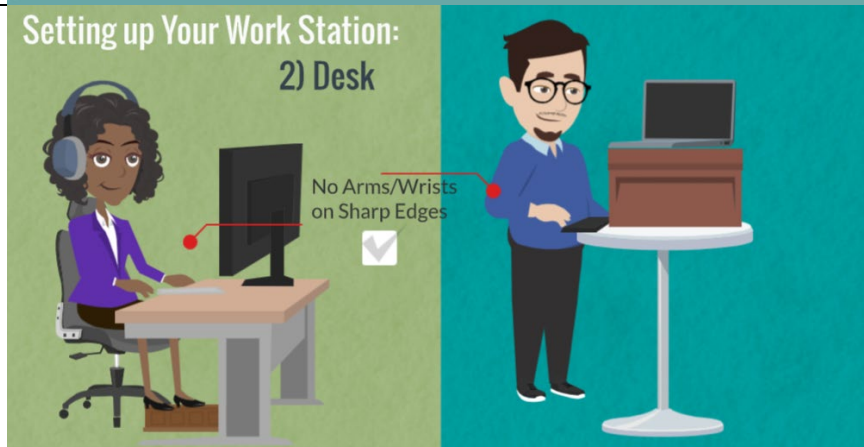
1. Chair

- Neutral Position
- Feet on Floor
- Space Behind Knees



2. Desk

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



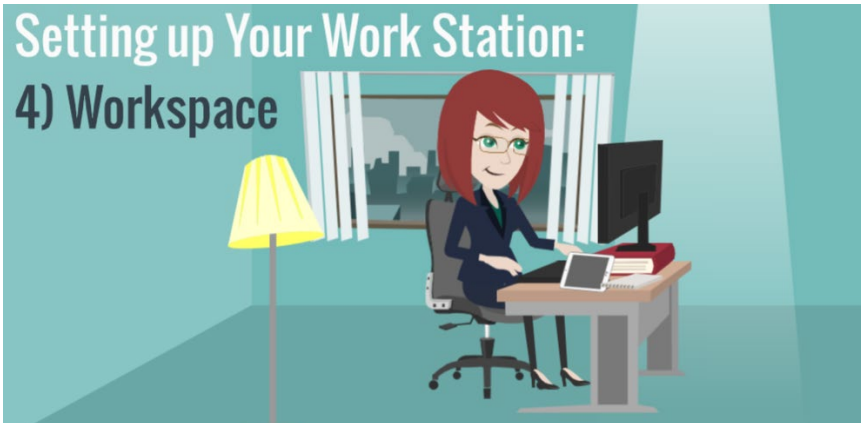
3. Computer

- Neutral Position
- Avoid Glare



4. Workspace

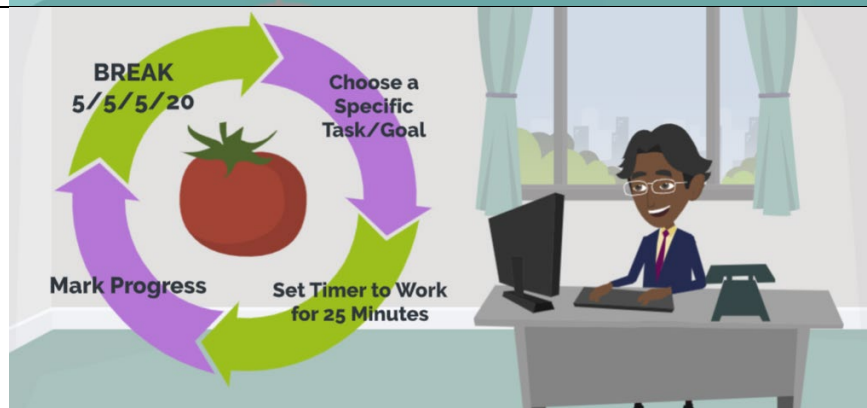
- Comfortable Lighting
- Frequently Used Items Close



* Practices

Pomodoro Technique:

- Goal/Task
- Timer
- Mark Progress
- Break



Ergonomics Questions?
Email: ehs@uconn.edu
Website: www.ehs.uconn.edu/employees/ergonomics/

An illustration featuring three cartoon characters: a man in a white lab coat, a woman in a yellow top and black skirt, and a woman in a dark blue suit. They are standing in front of a large teal speech bubble containing contact information for ergonomics. The background is dark blue with faint question marks.