

# 4 WEEK Injury Prevention Challenge



## Non-desk Workspace Ergonomic Check

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This workspace self-assessment is intended for those that work in spaces away from desks. Some questions may not be applicable. This check list is from the National Institute for Occupational Safety and Health (NIOSH) Ergonomics and Musculoskeletal Disorders website. This checklist could also be used in week 1 (check ergonomics) or week 4 (check MSD hazards).

1. Does the work space allow for full range of movement?
2. Are mechanical aids and equipment available?
3. Is the height of the work surface adjustable?
4. Can the work surface be tilted or angled?
5. Is the workstation designed to reduce or eliminate the following:
  - bending or twisting at the wrist?
  - reaching above the shoulder?
  - static muscle loading?
  - full extension of the arms?
  - raised elbows?
6. Are you able to vary posture?
7. Are your hands and arms free from sharp edges on work surfaces?
8. Is an armrest provided where needed?
9. Is a footrest provided where needed?
10. Is the floor surface flat?
11. Is the floor surface free of obstacles?
12. Are cushioned floor mats provided to stand for long periods?
13. Are chairs or stools easily adjustable?
14. Are chairs or stools appropriate for the task you are performing?
15. Are all task elements visible from comfortable work postures?

