

# Ergonomic workstation assessments



An ergonomic workstation assessment is a comprehensive process that aims to identify and correct any poor ergonomic settings and practices which could cause current or future pain and discomfort.

These assessments are completed in line with the ACC / WorkSafe Guidelines for Using Computers – November 2015 and ergonomic principals.



Computer work can be associated with neck, shoulder, back or arm pain as well as eye strain and fatigue.

Even small changes to an employee's workstation or work methods can improve their comfort and productivity.

Our ergonomic workstation assessments don't just look at the traditional aspects of a workstation such as the chair and desk. We also review equipment placing, lighting, posture, workspace design and work methods.

In addition to the traditional office-based workplace assessments OH Well can also provide ergonomic assessments for employees working from home, vehicles, using forklifts, or retail and factory environments.

Following the assessment, the employer and employee will receive an individual workstation report outlining changes made on the day and recommendations for improvement and prevention of future pain and discomfort.



## Assessment time required:

Simple Ergonomic Workstation Assessment - 60 minutes

Complex Ergonomic Workstation Assessment – 120 minutes

Home, vehicle, or factory environments - 90 to 180 minutes

