

Sports Equipment Ergonomics Design Checklist

1. Anthropometrics & Fit

- ☐ Accommodates a wide range of user body sizes and shapes
- ☐ Allows for easy and comfortable grip/hold
- ☐ Adjustable for user needs where relevant

2. Comfort

- ☐ Minimizes risk of pressure points and discomfort during use
- ☐ Design/materials do not cause irritations or blisters
- ☐ Weight is balanced and manageable for prolonged use

3. Safety

- ☐ No sharp edges or protrusions
- ☐ Materials are non-toxic and safe for skin contact
- ☐ Equipment minimizes risk of repetitive strain injuries

4. Accessibility & Usability

- ☐ Easy to use and intuitive for intended user demographic
- ☐ Appropriate for left/right handed use where needed
- ☐ Control/interface elements are accessible during use

5. Performance & Feedback

- ☐ Design supports range of motion needed for sport
- ☐ Provides adequate user feedback during use
- ☐ Does not hinder athletic performance

Notes