

Home Office Ergonomics Assessment

1. Personal Information

Name

Department

Date

2. Workstation Details

Chair Type

Desk Type

Monitor Size (inches)

Laptop/Desktop

3. Ergonomics Checklist

☐ Chair has adjustable height ☐ Feet rest flat on the floor ☐ Monitor at eye level ☐ Proper lighting ☐
No glare on screen ☐ Adjustable keyboard/mouse position

4. Concerns/Discomfort

Describe any discomfort or ergonomic concerns

5. Recommendations

Suggested Improvements