

# Ergonomics

Ergonomics is the science of arranging your workstation to fit the employee. Working at your computer may cause sore muscles, headaches, eyestrain, tension, and fatigue. If you are not comfortable at your workstation there may be adjustments we can make to prevent the above symptoms. At your request, the Occupational Health Nurse will come to your workstation to check the following:

- Your comfort level at your workstation.
- The adjustments on your chair- height, tilt, arm and leg position, etc...
- Reorganization of your workstation if necessary. – Screen distance and height.
- Lighting- windows, overhead, and brightness of computer.
- Healthy Lifestyle- stretching and micro breaks.
- Putting it all together and checking your comfort level. Will your symptoms improve?

## Ergonomic Assessment Request Form

Date

Department

Employee's Name

Work Number

Location

Are currently having pain or problems at your workstation? Please Explain:

Please fill out, print and send it to **Peggy Benes at [peggy.benes@mohican.com](mailto:peggy.benes@mohican.com) or Michelle Rickert at [michelle.rickert@mohican.com](mailto:michelle.rickert@mohican.com).**