

Computer Workstation Ergonomics: Self-Assessment Checklist

The goal of this self-assessment is to help you set up your workstation for optimal comfort and performance. For more information, refer to the [National Institutes of Health, Office of Research Services, Division of Occupational Health and Safety website](#).

Item	The Office Chair	Yes	No	N/A
------	------------------	-----	----	-----

Item	Accessories
------	-------------