



## COMPUTER WORKSTATION SELF-ASSESSMENT

The link below can be used to access a computer workstation self-assessment guide. This guide was developed by Dr. Alan Hedge a Professor in the Department of Design and Environmental Analysis, Cornell University and one of the nation's leading ergonomist. His professional activities are extensive. He is a Certified Professional Ergonomist and a Chartered Ergonomist. He is a Fellow of 3 societies - the Human Factors and Ergonomics Society, the Institute of Ergonomics and Human Factors (formerly the UK Ergonomics Society), and the International Ergonomics Association.

[Ergonomic Workstation Advisor](#)

If after completing the self-assessment you still have unresolved workstation concerns or if you are experiencing increasing discomfort related to your workstation, please contact Risk Management to request an ergonomic evaluation.

Risk Management, [riskmanagement@conejousd.org](mailto:riskmanagement@conejousd.org)

Mia Nelson, Risk Management Tech, [mnelson@conejousd.org](mailto:mnelson@conejousd.org)