RSS Computer Ergonomics Self-Assessment

Login to RSS Computer Ergonomics

Log in using your campus credentials and select the Computer Ergonomics Self-Assessment icon

Create a new Self-Assessment as the Owner

- Select the Start New Assessment Icon to start a Self-Assessment

- Assessment should start in Draft Status

- Select continue to go to the assessment section to complete the assessment form
Summary page shows user’s progress and Assessment sections

- **Summary**
- **Training**

**Assessment** 0/28

- Employee Profile 0/6
- Workstation 0/4
- General 0/2
- Habits 0/2
- Arm Support 0/2

Submit Self-Assessment

- Answer the Self-Assessment questions

**Workstation**

Which workstation is this ergonomic assessment for?

- Home
- Office
- Lab Desk
- Other

- Progress bar will update when questions are answered

27% Complete
• Outcomes will be provided when questions are answered. If there is required training for the outcome there will be a link that takes you to the training.

Habits

Posture
How often do you stand or move around to change your posture for at least five minutes? (e.g. change between sitting and standing, go for a walk, water plants, stretch, etc.)

- At least every hour
- Every 1-2 hours
- Every 3+ hours

- Ensure you stand or move every hour (microbreaks). Please click on the link for further ergonomic resources.
- Click me
- Add Additional Details

- Avoid twisting or bending your trunk or neck.
- Click me
- Add Additional Details

• Questions counts will update after each question is answered

Assessment 29/29

- Employee Profile 7/7
- Workstation 4/4
- General 2/2
- Habits 2/2

• After all required questions are answered select the Submit Icon

Close Submit