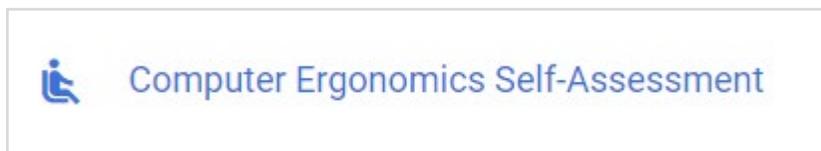


# RSS Computer Ergonomics Self-Assessment

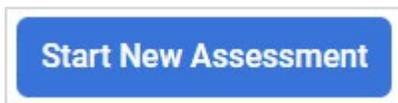
## Login to RSS [Computer Ergonomics](#)

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



## Create a new Self-Assessment as the Owner

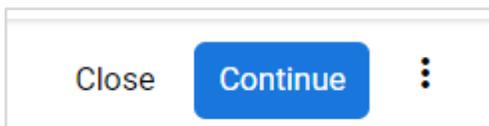
- Select the Start New Assessment Icon to start a Self-Assessment



- 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

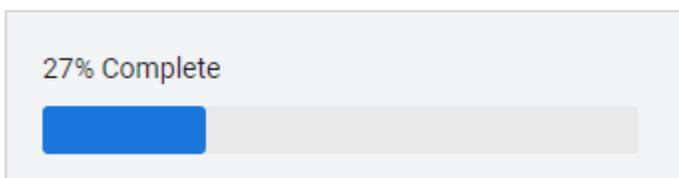
- Answer the Self-Assessment questions

**Workstation**

**Workstation**  
Which workstation is this ergonomic assessment for?

Home  Office  Lab Desk  Other

- Progress bar will update when questions are answered



- 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