Ergonomic checklist

Questions	Yes	No
Are feet flat on the floor or on a footrest?		
Are thighs parallel with the floor?		
Is the person sitting with shoulders straight and a slight curve at the lumbar region?		
Is the back against the chair backrest?		
Is there adequate room on the workstation for all equipment?		
Are fingers positioned appropriately over the keyboard keys?		
Is the keyboard sloped on a suitable angle?		
Is the hand positioned correctly over the mouse?		
Can the person reach the mouse without having to stretch his/her arm?		
Is the mouse positioned on a suitable flat surface?		
Is the monitor positioned at a suitable distance from the face?		
Is the top of the screen viewing area at or just below eye level?		
Is the monitor protected from glare from light sources?		