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| **ErgoSystems Office Ergonomics Assessment** | | | | | | |
| ***Last name:*** | Peterson | ***Stature:*** | ft  in | | ***Work hours:*** |  |
| ***First name:*** | Monica | ***Shoe heel ht:*** | in | | ***Comments:*** | |
| ***Date:*** | 2/6/2012 | ***Handedness:*** |  | | Reports daily low back discomfort with onset over this past summer of 2011. | |
| ***Job Title:*** | Merchandise Specialist | ***Vision:*** |  | |  | |
| ***Department:*** | Merchandising | ***Job tasks:*** |  | |  | |
| ***Company:*** | Simpson Brands, Inc | ***Job demands:*** |  | |  | |
| ***Location:*** | 810 Simpson Drive  Eden Prairie, MN 55344 | ***User:*** |  | |  | |
|  |  | **Other station:** |  | |  | |
| Assessment performed by Mark Anderson, MA, PT, CPE, ErgoSystems Consulting Group, Inc. 19285 Shady Hills Road, Excelsior, MN 55331 *Voice*: 952-401-9296 *Email*: [mark.anderson@ergosystemsconsulting.com](mailto:mark.anderson@ergosystemsconsulting.com).  The purpose of the assessment is to focus on ergonomics issues of the workstation, work practices, and work process to provide a set of workstation set-up specifications and to offer reasonable suggestions to help improve comfort, safety, and productivity in the workplace.  The 30/30 rule was encouraged - this promotes physical movement up and out of chair for at least 30 seconds at least every 30 minutes. | | | | K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0267.JPG | | |

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| Chair | | Comment | Recommendation |
| Type | Standard | Chair, as currently adjusted was not providing adequate back support.  K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0268.JPG | Instructed in upright “keyboard position” and semi-reclined “conversation position”.  Recommended to alternate between these two seated postures based on job tasks throughout day.  K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0275.JPG  K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0274.JPG |
| Legs |  |  |  |
| Casters |  |  |  |
| Seat |  |  |  |
| Back |  |  |  |
| Arms |  |  |  |
| **Foot support/Clearance** | | **Comment** | **Recommendation** |
| Feet  Footrest |  | At a worksurface height of 29 inches a foot rest is needed to provide for adequate foot support; one is not in place.  K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0272.JPG | Add basic foot rest. The following 3M footrest or comparable is recommended.  **Foot Rest, Adjustable, Ergonomic, Foot Control, 18"x13"x4", Charcoal MMMFR330** |
| **Worksurface** | | **Comment** | **Recommendation** |
| Config |  | With footrest in place 29 inch height worksurfaces appropriate. Ideally the best worksurface height for her is 28 inches. |  |
| Type |  |  |  |
| **Keyboard Tray** | | **Comment** | **Recommendation** |
| Used |  |  |  |
| Adjust |  |  |  |
| **Keyboard** | | **Comment** | **Recommendation** |
| Type |  | K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0273.JPG |  |
| Location |  |  |  |
| **Mouse** | | **Comment** | **Recommendation** |
| Type |  | K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0270.JPG |  |
| Location |  |  |  |
| **CPU** | | **Comment** | **Recommendation** |
| Type |  | Computer is placed under the monitor taking up needed space on the worksurface. | At the time of the assessment we relocated the desktop computer to the left side of the workstation. |
| Location |  |  |  |
| **Monitor** | | **Comment** | **Recommendation** |
| Type |  |  |  |
| Number |  |  |  |
| **Telephone** | | **Comment** | **Recommendation** |
| Type |  |  |  |
| Location |  |  |  |
| **Document holder** | | **Comment** | **Recommendation** |
| Type |  | K:\Clients\Bluestem Brands\WSE\Diederichs Jessica\IMG_0271.JPG | Once the computer was moved out of the way, space is available to place a document holder between the keyboard and monitor. The recommended document holder is the 3M DH630 or comparable..  **3M Compact In-line Copy Holder, 150 Sheet Capacity (DH630)** |
| Location |  |  |  |
| **Storage** | | **Comment** | **Recommendation** |
| Desktop  File | |  |  |
| **Lighting** | | **Comment** | **Recommendation** |
| Ambient  Task | |  |  |

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| **Recommended Specifications (inches)** | | |
| *Seatpan height:* |  | **Seatpan height** is distance from floor to seatpan (at side of seatpan) with user in chair.  **Seatpan depth** is distance from back support to front of seatpan and allows for 1.5 to 2” of space between back of the knee and front of seatpan.  **Seatpan width** is distance side-to-side of seatpan and allows for 1.5 to 2” of space between thigh and side of seatpan.  **Armrest height** is distance from top of armrest to floor.  **Worksurface height** (writing/reading desk)is distance from floor to top surface of worksurface.  **Keyboard/mouse** **height** is distance from floor to top surface of platform that keyboard/mouse rest on.  **Monitor height** is height from floor to top of monitor screen (not the top of monitor bezel.)  **Monitor distance** is from eye position (bridge of the nose between the eyes) to screen. |
| *Seatpan depth:* |  |  |
| *Seatpan width:* |  |  |
| *Armrest height:* |  |  |
| *Writing/reading desk* |  |  |
| *Keyboard/mouse height:* |  |  |
| *Monitor height* |  |  |
| *Monitor distance* |  |  |