

USGBC Ergonomics Requirements for Innovation in Design User Ergonomics Survey

INSTRUCTIONS

Thank you for completing this survey. Please answer each of the following 15 questions by clicking or checking the box that best represents your answer. If the question does not seem applicable please click or check the Yes box.

Name: _____

Date: _____

	No	Yes
1. Workstation allows me to work in a comfortable, supported neutral sitting posture	<input type="checkbox"/>	<input type="checkbox"/>
2. Workstation allows me to arrange frequently accessed items (phone, manuals, etc.) within easy reach	<input type="checkbox"/>	<input type="checkbox"/>
3. Chair is comfortable, easy to adjust, and provides good back support	<input type="checkbox"/>	<input type="checkbox"/>
4. Arms and shoulders relaxed without interference from arms of chair	<input type="checkbox"/>	<input type="checkbox"/>
5. Keyboard is within easy reach, at elbow height and comfortably positioned for use with flat and straight hands	<input type="checkbox"/>	<input type="checkbox"/>
6. Input device (mouse, trackball or tablet) is at same level as keyboard, comfortably positioned for use with my arm close by my side and hand in flat and straight posture	<input type="checkbox"/>	<input type="checkbox"/>
7. A telephone headset is used when large percentage of time involves using a phone	<input type="checkbox"/>	<input type="checkbox"/>
8. Monitor(s) within easy reach and comfortably positioned for viewing without neck bent or twisted	<input type="checkbox"/>	<input type="checkbox"/>
9. Monitor(s) protected from excess glare	<input type="checkbox"/>	<input type="checkbox"/>
10. Document(s) within easy reach and comfortably positioned near screen for viewing without neck bent or twisted	<input type="checkbox"/>	<input type="checkbox"/>
11. Sufficient light to comfortably read paper documents	<input type="checkbox"/>	<input type="checkbox"/>
12. Adequate leg clearance under worksurface	<input type="checkbox"/>	<input type="checkbox"/>
13. Feet are supported on floor or foot rest	<input type="checkbox"/>	<input type="checkbox"/>
14. I am comfortable and free of pain while working	<input type="checkbox"/>	<input type="checkbox"/>
15. I take stretch breaks during the day to reduce fatigue	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL SCORE (add all of the scores together)