# Ergonomic Workspace Checklist

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| Item | Tick (✔) | Comments |
| Desk and Chair Height (Ensure appropriate posture) |  |  |
| Chair Lumbar Support (Adequate lower back support) |  |  |
| Footrest (Feet resting flat or footrest available) |  |  |
| Keyboard and Mouse Position (Arms at 90 degrees and close to body) |  |  |
| Armrests (Used properly, do not cause discomfort) |  |  |
| Monitor Height (Eye Level) |  |  |
| Monitor Distance (Arm's length away from eyes) |  |  |
| Screen Glare (No glare causing eye strain) |  |  |
| Lighting (Adequate) |  |  |
| Noise Level (Minimal) |  |  |
| Temperature Control (Comfortable setting) |  |  |
| Comfort Level |  |  |
| Break Schedule (Regular breaks planned) |  |  |