

### RESEARCH BITE #35

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RE: Ergonomic Assessment

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Do you spend long hours sitting at your desk? Did you know the University of Saskatchewan offers free ergonomic assessments for faculty and staff? Ergonomic assessments are performed as a preventative measure, or in response to an employee's medical issues, disabilities or musculoskeletal problems.

An ergonomics assessment will evaluate the employee's workstation for ergonomic risk factors and make recommendations based on best practices. Ergonomic assessments are intended to fit the job to the worker by reducing the risk of musculoskeletal injury, helping to accommodate temporary or permanent disabilities, and improving worker comfort and productivity.

#### Step 1: Review the Ergonomics Office Self-Help Manual

The first step is to consult the self-help manual to make changes and adjustments to your workspace. The manual provides guidelines, references and basic tools that will help you to proactively set up and adjust your workspace to reduce the risk of musculoskeletal strain and injury.

#### Step 2: Request an Ergonomics Assessment

If you have made adjustments to your workspace based on the Self-Help Manual but you are still experiencing difficulties, you may request an assessment appointment by completing the online Ergonomic Assessment Request Form.

For access to the self-help manual or to find out more information please click on the link below:

<http://safetyresources.usask.ca/ergonomics.php>



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