

OFFICE ERGONOMIC SELF-CHECK

MOUSE(INPUT DEVICE)

Does the device that you use feel like it fits your hand size?

Yes___ No___

Do you keep your wrist straight while using the device?

Yes___ No___

Do you have adequate room to use your device?

Yes___ No___

KEYBOARD AND MOUSE PLACEMENT

Is the keyboard centered with the monitor?

Yes___ No___

Is the keyboard/mouse surface relatively flat?

Yes___ No___

Is your device as close to you as comfortably possible?