



Date: 01/10/2017
Company: More Value
Location: 23 Franklin Street
Nicetown, CA 39394
Contact: John Green
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Workstation Location: Dispatch

Screening Report

Harris, Greg

Summary Risk Levels with the Number of Issues by Classification

Discomfort: Severe; The employee is not sure if the discomfort may be work related.

Equipment Issues: 1 Moderate Risk Issue(s), 0 Low Risk Issue(s)

Body Position Issues: 3 Moderate Risk Issue(s), 1 Low Risk Issue(s)

Issues and Recommendations

Discomfort

Issue: Employee reports physical discomfort at work.

The employee reports the Discomfort Level as: Severe (Discomfort is very distracting and/or is affecting work performance)

The employee is not sure if the discomfort may be work related.

The employee has not received medical attention for this discomfort.

Location(s): Right Elbow, Right Wrist, Right Hand

The employee reports the following:

My right arm, wrist, and hand feel a sharp pain. I have noticed it for about six months. It hurts every day and

feels worse as the day goes on.

Recommendation: Employee may benefit from adjustments made by an ergonomist.

Equipment

Issue: An incorrectly fitted chair seat can possibly promote poor posture or unsupportive feet and leg placement.

Recommendation: Adjust the seat pan to create a 2 to 3 finger space between the back of the legs and the front of the seat pan.

Body Positions

Issue: Staying in a continuous sitting position for more than 45 minutes can contribute to spinal pressure.

Recommendation: 1. Take standing, movement, and stretch breaks a minimum of every 45 minutes. 2. Position office equipment such as printers and copiers at a distance to encourage standing and walking (change of body position).

Issue: Overreaching to use the mouse can cause stress to the arm, shoulder, and spine.

Recommendation: Move the mouse to the same level as and next to the keyboard. General Rule: If the keyboard and mouse is on a keyboard tray that is too small to accommodate both, it is recommended that a larger keyboard tray be installed. If the keyboard is on the desktop, clear the space around the mouse so that the mouse can be manipulated freely.

Issue: Having the arms extended in front of the body or having the elbows back so that the arms are bent at less than 90 degree angles while using the keyboard can cause potential stress to the arms, shoulders, and spine. Having the wrists bent forward or flexed back can cause potential compression of the nerves in the wrists.

Recommendation: Position the keyboard and/or raise or lower the chair so that elbows are at the sides of the body, the forearms are parallel to the ground, and the wrists are in a neutral position when using the keyboard. Verify chair arms are not obstructing proper positioning of the elbows and arms. A soft wrist rest (preferably made of foam material) may help prevent dropping the wrists and help maintain a more neutral wrist position.

Issue: Using the mouse and pivoting from the wrist can potentially cause repetitive motion injury.

Recommendation: Proper mouse technique requires moving the entire arm with minimal wrist movement to prevent repetitive motion injury. Do not use a mouse wrist rest. If there is discomfort that is not resolved by improved mouse technique, consider changing to a different style of mouse .

Current Workstation Features

Desk Type: Rectangular Desk

Keyboard Position: On the desktop

Features: File Cabinet Drawers (Left, Right, or Both)

