

# Workplace Ergonomics Safety Assessment Form Sample

The **workplace ergonomics safety assessment form sample** is designed to help identify and address ergonomic risks in the work environment, promoting employee well-being and productivity. This form systematically evaluates workstation setups, equipment use, and worker posture to prevent musculoskeletal disorders. Implementing such assessments ensures a safer, more comfortable workplace for all staff members.

Employee & Assessment Details			
Employee Name:	<input type="text"/>	Department:	<input type="text"/>
Position:	<input type="text"/>	Date of Assessment:	<input type="text"/>
Workstation Assessment			
Checklist Item	Yes	No	Comments/Recommendations
Chair adjustable and provides lumbar support	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Monitor at eye level and appropriate distance	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Keyboard and mouse positioned comfortably	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Sufficient legroom and clear space under desk	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Lighting adequate; no glare or reflections	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Employee Practices			
Employee takes regular breaks to move/stretch	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Employee aware of proper lifting technique	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Employee reports discomfort or pain	<input type="radio"/>	<input type="radio"/>	<input type="text"/>
Assessor Notes & Recommendations			
<div></div>			

Assessor Name:

Signature:

Date: