

# Office Ergonomic Safety Assessment Form Sample

Ensure workplace health with our **office ergonomic safety assessment form sample**, designed to identify and mitigate ergonomic risks. This tool helps organizations evaluate seating, desk setup, and posture to prevent musculoskeletal disorders. Implementing ergonomic assessments improves employee comfort and productivity.

Employee Information

Name:

Department:

Date:

Workstation Assessment

Chair Adjustability:

Yes  No

Comments:

Monitor at Eye Level:

Yes  No

Comments:

Keyboard and Mouse Position Comfortable:

Yes  No

Comments:

Posture and Movement

Feet Flat on Floor:

Yes  No

Comments:

Breaks Taken Regularly:

Yes  No

Comments:

Additional Notes

Submit Assessment