



ERGONOMIC EQUIPMENT

RECOMMENDATIONS

Site:	Room:	Date:
Employee:	Position:	Requestor:

Equipment Recommended

Office Chair	Arm Rests	Lumbar Sup	Petite	Large
Telephone Headset (Wireless)				
Footrest (Height range 4-5 inches)				
Footrest (Height range 5-10 inches)				
Keyboard/Mouse Tray				
Keyboard/Mouse Tray (Corner desk)				
Sit to Stand Desktop Adapter				
Sit to Stand W/ below desk keyboard				
Document Holder (Standard)				
Document Holder (legal Size)				
Other				

Is the employee experiencing pain related to working at their computer workstation? Yes No

Does the employee have a recommendation from a doctor for an ergonomic assessment? Yes No

Is the employee requesting an ergonomic assessment? Yes No

Upon request, an ergonomic evaluation of your workstation can be scheduled for an in-person evaluation. Workstation evaluations are conducted by the Benefits Specialist, Mia Nelson, who is a Certified Office Ergonomics Evaluator and the Risk Manager, Adrian Facio.

Please send photos of the employee sitting at their workstation to Mia Nelson mnelson@conejousd.org and Adrian Facio afacio@conejousd.org.