

Workstation Evaluation

Name	Location	Job Title
John Smith	Work office: 483 Oak st	Physician Assistant

A workstation evaluation was performed on 4/1/2022 for Mr. Smith at his work office. The purpose of this assessment was to identify any ergonomic risk factors, provide training, and make recommendations. Mr. Smith was evaluated for his wrist discomfort that began about 4-6 months ago. A Rapid Upper Limb Assessment (RULA) was performed and is attached to this report.

Job Summary

Mr Smith works as a Physician Assistant. From 9-5:30pm, he frequently stands, walks, and sits on a stool to see patients. After 5:30pm, he spends most of his time sitting at his desk on his laptop to respond to emails, review documentation, and call patients. He is able to get up frequently to walk and stretch his legs. Mr. Smith is right handed, and he has mild discomfort from his right hand that started about 4-6 weeks ago. He believes part of the problem is related to his workstation and keyboard.

Summary of Risk Factors

Workstation

While sitting at the workstation, the back is fully supported by the chair with the shoulders relaxed and elbows close to the body. However, elbows are not parallel to the floor and shoulders are slightly flexed forward when using the keyboard. This may result in discomfort and stress to the shoulders.

Sharp edges on the desk and laptop are not padded and may cause contact stress to the wrists and forearms.

While typing, the wrists are slightly extended with slight ulnar deviation resulting in a less neutral position.

Recommendations

The workstation position could be remediated with a keyboard tray with a split key design.

Seating

4/4/22

The chair has a sturdy 5 leg base with height adjustability and lumbar support. It has a soft waterfall front and is easy to move in and out of the desk. The seat does not have an adjustable seat pan, but the seat width and depth accommodate the user. Currently no remediation needed.

Monitor

The monitor is placed at a distance so the user can read without leaning forward (18-20"). The Monitor viewing height is about 43" while the user's eyes are about 49".

Recommendations

I would recommend increasing the monitor height 1-2" to accommodate for bifocals. I would also recommend using a larger external monitor to avoid leaning forward or squinting to view the screen.

Keyboard

The keyboard should allow the user's elbows to be parallel with the floor or 90-100 degrees, but the current keyboard is not adjustable, and the desk height is too tall (30"). It also has a positive slope that may result in increased wrist and digit strain.

Recommendations

I recommend installing a keyboard tray under the desk with a bluetooth keyboard. The keyboard should have a horizontal or slightly negative slope. I also recommend using a compact keyboard with a splint key design to correct wrist ulnar deviation.

Mouse

The current mouse is a trackball mouse. It fits the user's hand, maintains a neutral posture, and reduces motion at this wrist. However, the vertical design of the mouse increases pressure on the ulnar palm.

Recommendations

I recommend trying a vertical mouse with an ulnar palm rest (See below). If pain or pressure persist at the ulnar palm, consider alternating to a regular mouse every few weeks.

4/4/22

Recommendations are provided below based on the evaluation.

It was a pleasure working with you. Should you have any questions or require further assistance, please do not hesitate to contact me.

A handwritten signature in black ink, appearing to read "W. David McCombs". The signature is fluid and cursive, with a prominent initial "W" and a long, sweeping underline.

W. David McCombs

Equipment Recommendations

I've listed three different mice options below. You may wish to compare option A or B with your current mouse configuration. Option C is listed as an alternative to a vertical mouse.



Microsoft Sculpt Ergonomic Keyboard for Business

Price: \$55.99

Location: Amazon.com

<https://amzn.to/3OYhHgb>

Special Considerations:

Mouse should be placed near right side of the keyboard.

360 Adjustable Ergonomic Sliding Keyboard & Mouse Tray, 25" W x 9.8"

Location

Amazon: \$99.99

<https://amzn.to/3OX3ArB>

Walmart - \$62.99

<https://www.walmart.com/ip/360-Degrees-Rotating-Adjustable-25-Inch-Computer-Keyboard-Mouse-Tray-Under-Table-Desk-Mount-for-Home-or-Office/202845472?athbdg=L1700>



Option A



Evolution VM4RW
VerticalMouse 4 Right Hand
Ergonomic Mouse with
Wireless Connection (Regular
Size)

Price: \$109.95

Location: Amazon.com

<https://amzn.to/3FCO0fD>

Special Considerations:

This mouse comes in small,
medium, and large. Check size
before purchasing here:

<https://evoluent.com/size/>

Option B



Budget option

J-Tech Digital Wireless
Ergonomic Vertical USB Mouse
with Adjustable Sensitivity

Price: \$32.99

Location: Walmart

<https://www.walmart.com/ip/J-Tech-Digital-Wireless-Ergonomic-Vertical-USB-Mouse-Adjustable-Sensitivity-600-1000-1600-DPI-Scroll-Endurance-Removable-Palm-Rest-Thumb-Buttons-V628/940584285>

Option C



Standard mouse alternative

Logitech MX Master 3

Price: \$100

Location: Amazon

Logitech MX master 3

<https://amzn.to/3GJeQ7I>

