

# Golden State Risk Management Authority

## Ergonomic Evaluation Request Form

“Ergonomics” is the study of body mechanics in the work environment. Many factors are considered when an evaluation is conducted: Posture, equipment used, furniture used, position of computer hardware, position of hands and feet, etc.

An Ergonomic evaluation doesn't take a very long time. We come to your worksite and watch you work for a short time to assess your body mechanics. We will apprise you of our recommendations for change at that time. We review the positioning of the office machines you use and, if indicated, recommend alternate positioning.

If you or anyone in your department has concerns about their workstation, please complete the form below and email it to [cconnelly@gsrma.org](mailto:cconnelly@gsrma.org) or fax it to Cynthia Connelly at (530) 934-8133.

Date _____	
Member Agency _____	Contact Person _____
Department _____	Title _____
Address _____	Telephone _____

Employee _____	Occupation _____
Address _____	SSN _____
	DOB _____

Describe current problems: