

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. Our trained ergonomic expert visits your workplace and observes specified employee(s) for a brief time as they work to assess their body mechanics. Our expert then recommends workspace modifications immediately. Recommendations may include repositioning of the office equipment, alternate posture or positioning of the individual(s), stretches and exercises and equipment modification or replacement.

If you have concerns about the ergonomics of your workspaces, complete the form below and email it to cconnelly@gsrma.org or fax it to Cynthia Connelly at (530) 934-8133.

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

Employee Name _____	Occupation _____
Work Address _____	_____
_____	_____

Describe current problems: