



EIT WORKING FROM HOME ASSESSMENT CHECKLIST

This checklist is to be completed by members of staff whose work is undertaken in an environment remote from the EIT's physical campus in West Perth. The checklist should be completed by the staff member and reviewed by the E-Learning Manager or the Dean whenever there are significant changes to the environment in which a member of staff is working. It is recommended that staff members consider the health and safety of the environment in which they participate in online education and familiarise themselves with literature to identify and prevent occupational health and safety problems, such as the following example:

“How to Set Up an Ergonomically Correct Workstation”
<http://www.wikihow.com/Set-Up-an-Ergonomically-Correct-Workstation>

Employee Details:	
Employee Name:	
Phone:	
Email:	

Supervisor Details:	
Supervisor Name:	
Phone:	
Email:	

Checklist:	
CHAIR	
The chair is easily adjusted from a seated position (Seat back height & angle, seat height)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
The seat back is adjusted so the lumbar support of the chair supports the lower back	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
The forearms and wrists are parallel to the floor or angled down slightly when chair height adjusted	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
When chair height is adjusted appropriately, the feet are positioned on the ground	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
If feet are not positioned on the ground, a foot rest is provided	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Seat back angle is adjusted so user is in an upright position when using keyboard	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
WORKSTATION DESK	
Desk is large enough for the completion of mixed tasks (computer and reading / writing) (<i>Australian Standard 4442:1997 advises this should be at least 1600mm x 800mm</i>)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Desk is between 680mm and 735 mm high	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
If desk is height adjustable - is this easily adjusted? Adjusted so forearms are parallel to floor or angled down slightly?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Desk is designed so frequent trunk twisting / rotation is not required	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
User is able to sit close to workstation without any impediment (Check that the desktop is thin, chair arms are not in the way, clear leg room)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
If documents are regularly referred to, they can be positioned & supported (ie. use of document holder, or desk slope) to avoid unnecessary neck movement (looking sideways / downwards).	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A

MONITOR	
Is positioned at approximately an arms distance when in an upright seated position	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Is positioned at an appropriate height (<i>neck remains in a neutral position -not required to look upwards or downwards to view monitor</i>)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
If using a laptop, this is either raised, or this is positioned on a docking station	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Monitor is positioned away from direct light sources and is free from glare / reflection	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
KEYBOARD AND MOUSE	
Elbows remain close to side of body when keyboard and mouse are utilised	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Mouse is at the same level as the keyboard	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Separate keyboard and mouse is used if utilising laptop compute for extended periods	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
WORK ENVIRONMENT	
Lighting is adequate (able to read / refer to documentation without eye strain)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Noise levels are not distracting from task concentration	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
Ventilation (natural or artificial) is adequate	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
DATE COMPLETED:	

Actions or equipment required:

List any actions or equipment (eg. document holder, monitor stand) or modifications (eg. workstation adjustments) required:

For further information and to return the completed form, please contact the E-Learning Manager

Signatures:

Employee:	Signature:	Date:
E-Learning Manager	Signature:	Date: