

Cornell University Human Factors and Ergonomics Group

How to Choose Ergonomic Product Checklist

Use this checklist to help you identify the most appropriate ergonomic product(s) for your needs. You should carefully reconsider your decisions for any 'NO' answers.

Stage 1 – Problem Diagnosis

Do you know:

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. What tasks are causing or could cause injury? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. What body parts are affected? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. What 'at risk' postures are used when working? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. What ergonomic product(s) might help your users? | <input type="checkbox"/> | <input type="checkbox"/> |

Stage 2 - Product Selection

- | | Yes | No |
|--|--------------------------|--------------------------|
| 1. Can you contact and/or visit product installations? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you or your users tried the product(s)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Does does the product require minimal training? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Is product support required and/or adequate? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Is the product cost effective? | <input type="checkbox"/> | <input type="checkbox"/> |

Stage 3 - Verification

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Have you asked a reputable Ergonomist about the product? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you have research evidence for product efficacy? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you monitored product performance - is it really working? | <input type="checkbox"/> | <input type="checkbox"/> |