

REMOTE ERGONOMIC ASSESSMENTS



The UC San Diego Ergo Team is scheduling and performing ergonomic evaluations remotely in order to keep both employees and evaluators safe during the pandemic. Here is how you can get started:

Step 1 – Complete The Web-based Tutorial

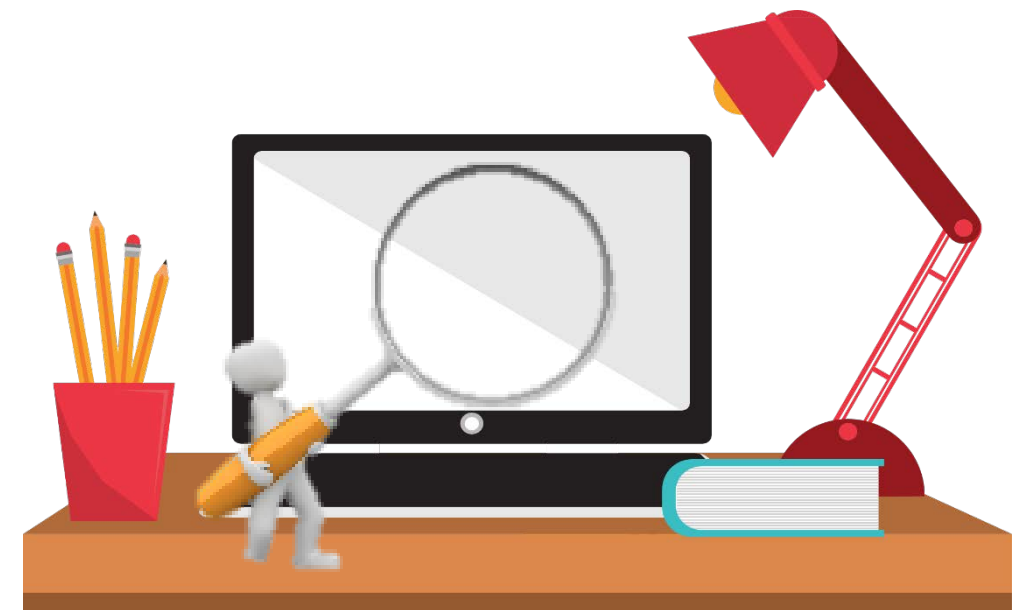
[The Computer Ergonomics Tier 1 Evaluation and Training e-course](#) is available on the UC Learning Center and will provide valuable tips to assist with your general workstation set-up. Even if you have already taken the training for your office workstation, please take it again to assist you further with your home office set-up.



Step 2 – Request An Ergonomic Assessment

After completing the web-based Evaluation and Training if a remote assessment is needed, please do the following:

- Schedule a remote appointment via e-mail (ehsergo@ucsd.edu) by requesting a remote assessment for your home-based office workstation.
- Following contact with the EHS Ergo Team and prior to your remote assessment, an in-take form will be forwarded to you for completion.



Step 3 – Schedule The Ergonomic Assessment

Prior to the appointment, please complete and return the in-take form. Remote ergonomic assessment appointments will be scheduled and conducted by a campus ergonomic specialist remotely.



Questions & Resources

Need additional help or have questions? Email ehsergo@ucsd.edu.

We recommend that you subscribe to [Get Up Tritons](#) UC San Diego Recreation e-mail video stretching program sent to your inbox at 10 am and 2 pm.



Please Note: The UCSD Campus Ergonomic Product Loaner Program has been temporarily suspended as our local vendors are not engaging in a loaner option at off-site or campus locations.