



## Online Ergonomic Self-Assessment - ErgoChek

Designed by Occupational Physiotherapists and Exercise Physiologists with a deep understanding of Ergonomics within Australian businesses, ErgoChek is intended to make basic ergonomic know-how accessible to organisations in a convenient, affordable and easy-to-understand format.

### Program Content

- ✓ Comprehensive analysis and instructional to direct ergonomically sound workstation set-up
- ✓ Pain and discomfort screening to ascertain risk and recommendations
- ✓ Feedback on effectiveness of existing ergonomic work practices
- ✓ Screening one's perception on work-related job demands to educate on the impact this can have on ergonomics and wellbeing
- ✓ Environmental factors analysis



### Program Features

- ✓ Adaptive questioning to cater for various workstation set-ups
- ✓ Videos and images to support the visual learner
- ✓ Evidence-based ergonomic tips to empower the user
- ✓ Instantaneous ergonomic reporting with recommendations

### -Ergonomic Report-

Instantaneous upon completion of assessment  
Traffic light risk rating system  
Overall and category-specific ratings  
Recommendations to guide next steps  
Equipment suggestions and links to source

### Program Offering

- ✓ Per person or licensing options
- ✓ Customisable program design to tailor to your company
- ✓ Integration with existing internal digital systems
- ✓ Data tracking to inform Work, Health and Safety initiatives

