



Ergonomics is the applied science that deals with designing and arranging things so that people can use them easily and safely. In the work environment that means that the workstation should adjust to you rather than you adjusting to the workstation. Ergonomics is a partnership between you and your desk set up. The first step is to set up your desk to meet your particular needs, then secondly train yourself to use proper posture mechanics to maintain a good ergonomic work standard. You should be able to find various types of resources here that will help you to accomplish setting up your workstation to assist in being more productive while keeping you safe from injury.

NEW! We have partnered with HumanScale **ergoIQ** to provide you with expert Cloud-based self-assessment resource on how to set up your workstation, how to properly sit at your desk while working.

ergoIQ fit

This is an intuitive AI driven online Self-Assessment that empowers you to configure the existing work environment for optimal health and comfort. This is a step by step self-assessment tool, that walks you through the many settings for your workstation equipment and helps you to make the proper adjustment.

If you are requesting an Ergonomic review of your work station, please send a request to sdccdriskmanagement@sdccd.edu.

