

EMPLOYEE QUESTIONNAIRE

Question	Yes / No
Do you the have a keyboard, mouse and separate monitor connected to your laptop?	
Is your workspace set up to allow you to view the monitor at a height which avoids bending of the neck for sustained periods of time?	
Do you have access to other suitable accessories such as laptop stands which allow the laptop to be connected to the keyboard and positioned at a suitable height?	
Do you take regular short breaks from sitting by standing up and moving about for 1-2 minutes every thirty minutes?	
Is your workspace set up to allow space in front of the keyboard to provide support for the hands and the arms?	
Do you have a chair that is adjustable in height?	
Do you have a chair that has a back rest that is adjustable in height and tilt?	
Do you have any back support on their chair (for example a back rest or cushion)?	
Is there adequate lighting to allow comfortable working?	
Is the employee experiencing any musculoskeletal discomfort?	
Other Comments	

NAME OF EMPLOYEE

DATE