Ergonomic Assessments

*For working remotely from home or elsewhere*

During the COVID-19 pandemic, with many UCR faculty and staff working remotely, poor home-office ergonomics and pandemic-related stress can cause health problems. Some of these health-related issues can manifest themselves by experiencing:

- Back pain
- Headaches
- Stiff or painful neck
- Painful wrists, hands or elbows
- Knotted shoulder muscles

Whether you are experiencing any of these symptoms, or even if you want to be proactive about your health, you are welcome to request a virtual ergonomic assessment of your remote workstation.

Dr. Clyde Blackwelder, UCR Ergonomic Specialist, will conduct the virtual ergonomic assessment of your workstation. To schedule an ergonomics assessment, please fill out the online Ergonomic Evaluation Form or send an email request to clyde.blackwelder@ucr.edu. For more information about ergonomics, please visit the UCR Ergonomics webpage.