**GTT-Polls & Tests for Ergonomics Beyond the Traditional Workstation**

**Poll Slide (How to Get Beyond?)**

Where do you use computer and mobile equipment?

1. Work Office
2. Home Office
3. Car/Bus/Train/Plane
4. Couch
5. Walking

**Poll Slide (Universal Design)**

Which of the following examples of Universal Design have you made use of

1. Curb cutouts
2. Walking ramps
3. Automatic doors
4. Lever door handles
5. Higher kitchen sinks
6. Others?

**Group Poll #1**

What do you call carbonated beverages?

1. Pop
2. Soft Drink
3. Coke
4. Soda
5. Other

**Group Review Assessment Test Questions (at end of power point). 4 different tests, as we will go through one test question at a time and review after each test question.**

#1: What are 2 of the *most common* ergonomic risk factors related to the mobile worker:

1. Low back issues & thumb weakness
2. Low back issues & difficult to optimize work position with integrated keyboard/display
3. Thumb weakness & neck and shoulder issues
4. Neck and shoulder issues & difficult to optimize work position with integrated keyboard/display

#2: What are 3 things that should be considered for all mobile worker office ergonomic evaluations?

1. Primary computing device, ROSA score, nature of work tasks
2. ROSA score, type of mouse, primary work location
3. Primary computing device, primary work location, nature of work tasks
4. Nature of work tasks, primary work location, type of mouse

#3: Katie has a laptop that she uses both at the office (60%) and during travel (40%). Her sales job involves a lot of time spent with emails and phone calls. She has a Bluetooth headset and mouse but is looking for additional strategies to feel more comfortable both at the office and on the road. Select the better of the two ergonomic interventions for Katie:

1. Try laptop stand with Bluetooth keyboard/mouse. Office chair with sufficient back support. Employee education on microbreaking.
2. Use docking station with external monitor, keyboard and mouse for office. Nothing special for traveling.

#4: Kenny has an office with a desktop computer, including a keyboard platform and adjustable height chair. He is on the road for work about 25% of the time, during which he uses a laptop. When not traveling, he spends about 25% of the time in conference rooms (with laptop) and sometimes needs to complete projects at home (also with laptop). Select the better of the two ergonomic interventions for Kenny:

1. No special needs since he only travels 25% of the time. Have him check for an adjustable chair in the conference rooms.
2. Try lap desk for reading/viewing. Educate on neutral positions and importance of movement.