**COMPUTER USE SELF-ASSESSMENT**

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**Result/Interpretation of Your Assessment**

1. **Assessment: Chair Adjustment**

a to f – YES to these shows that you can adjust your chair to ensure your comfort.

g – YES means that you may sit too far from the monitor if you cannot bring the desktop or laptop computer satisfactorily close to you.

h to k – YES indicates that you should be able to work comfortably, all other conditions being satisfactory.

l – YES is good as this specification provides safety and ease of mobility for the user.

1. **Assessment: Desk or Workstation**

a and b – YES shows that you are taking the right position for computer work.

c – YES shows that after a short time at work you are likely to develop shoulder discomfort or pain.

d to g – YES is an indicator that the relationship between your position and the desk or workstation is satisfactory.

h and i – YES indicates that your workstation has clutter and obstructions, depriving you of freedom to move satisfactorily while working.

j – YES means that the illumination in your workstation is not an asset but a liability to your vision and productivity.

k – YES shows that relaxed arms should enable you function optimally as the muscles and joints required for computer work are not under tension.

1. **Assessment: Monitor Adjustment**

a – YES means that you are working at the recommended eye-monitor distance. This applies to whether you are a computer user that wears or does not wear glasses normally.

b to d – The correct position should not make you look up or bend your neck backwards to read anything on the computer screen.

e and f – YES indicates that you need lighting or position adjustment of your computer monitor.

g – YES shows that you are doing the right thing as there is alignment.

h – YES means that you need to keep your computer monitor clean.

i – YES is neither here nor there as what matters is correct use of the blinds or curtains. If you use them to block off direct sunlight from the window it is okay and will enable you work efficiently.

1. **Assessment: Workstation Accessories**

a to e – YES shows correct practice and you should maintain it.

f – YES means that this error should be corrected as soon as possible as continuous and prolonged use of the computer, especially keyboard tasks, puts pressure on and causes injury to your wrists.

1. **Assessment: Specific Use of Laptop**

b and g – YES to these two questions are the only right actions when using your laptop. The best scenario is to ensure optimal illumination of the laptop and the workplace when working on any computer.

a and c to f – YES. These are **bad** practices that should be done away with forthwith. Sustained use of the laptop without resting the eyes injurious to the eyes; the awkward positions that are required in c to f eventually cause harm to the laptop computer user.

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