



Osmond
ERGONOMICS & WELLBEING

ABOUT YOU

Sex: ☐ Male ☐ Female
☐ Prefer not to say

Weight: ☐ <9 stone (57kg) ☐ 9-15 stone (57-95kg)
☐ 15-23 stone (95-146kg) ☐ >23 stone (146kg)

Height:

WHO HAS ORIGINATED THIS ENQUIRY?

Organisation/Company:

Name:

Telephone:

Email:

Date:

WHO IS THIS FORM ABOUT?

Name:

Job title:

Email:

Telephone:

Postcode:

ABOUT HOW YOU WORK:

Are you a touch typist? Yes ☐ No ☐

Which is your dominant hand? Left ☐ Right ☐

With which hand do you use your mouse? Left ☐ Right ☐

Do you work full or part time? Full ☐ Part ☐

Approximately how do you spend your time?

Computer:%
Writing:%
Reading:%
Meetings:%
Away from desk:%
100% Total

PLEASE TAKE ALL MEASUREMENTS WHEN SEATED

A: Under buttock to top of shoulder: cm

B: Under buttock to centre of lumbar curve: cm

C: Under elbow to under buttock: cm

D: Back of buttock to behind knee: cm

E: Under knee to base of foot (in shoes): cm

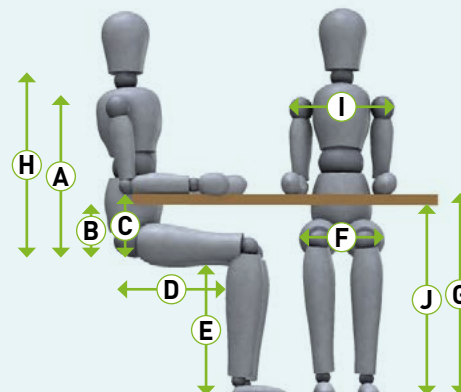
F: Width across hips: cm

G: Height of desk (to top of surface): cm

H: Under buttock to nape of neck: cm

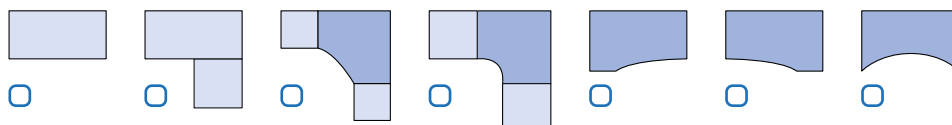
I: Width across shoulders: cm

J: Height of clear space (to underside of desk): cm



ABOUT YOUR WORKSTATION

Which is closest to your desk shape?



Drawers: Pedestal on castors ☐ Attached to desk ☐ Footrest: Yes ☐ No ☐ Copy holder: Yes ☐ No ☐

Computer type: Windows ☐ Apple ☐ Other ☐ Desktop ☐ Laptop with docking station ☐ Laptop without docking station ☐

Number of extension monitor(s): If a Desktop, what is its position: On desk ☐ Under desk ☐

Monitor position(s): Directly on desk ☐ On fixed-height stand ☐ On adjustable arm(s) ☐

Mouse position: Close to keyboard ☐ Away from keyboard ☐ Not consistent ☐

Floor Type: Standard carpet ☐ Deep pile carpet ☐ Hard floor ☐ Other ☐ (please specify)

Homeworker: ☐ Office worker: ☐

Any other medical or historical information relevant to this enquiry:

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