



Cornell University Ergonomics Web

Workplace Ergonomics Tools

- **Handbook**
 - [Handbook of Human Factors and Ergonomics Methods](#)
- **Product Evaluations** (for Offices, Healthcare, etc.)
 - [Ergonomic Keyboard and Mouse Platform Systems Evaluation Form](#)
 - [Ergonomic Seating Evaluation Form](#)
 - [Ergonomic Chair Evaluation Checklist \(ANSI/HFES 100 -2007\)](#)
 - [Ergonomic Worksurface Evaluation Checklist \(ANSI/HFES 100 -2007\)](#)
 - [Healthcare Computer Wallstation Ergonomic Checklist \(2009\)](#)
 - [Healthcare Computer Cart Ergonomic Checklist \(2009\)](#)
 - [Ergonomics Cost-Justification Worksheets](#)
 - [Cornell ROI Estimator](#)
- **Posture Evaluations**
 - [Manual Task Risk Assessment Tool \(ManTRA\) V2.0](#)
 - [Rapid Upper Limb Assessment \(RULA\)](#)
 - [Rapid Entire Body Assessment \(REBA\)](#)
 - [Job Strain Index \(JSI\)](#)
 - [Quick Exposure Checklist \(QEC\)](#)
 - [Cornell Musculoskeletal Discomfort Questionnaires \(English\)](#)
 - [Musculoskeletal discomfort questionnaire \(Spanish\)](#) - note: the origin of this questionnaire is unknown.
 - [Musculoskeletal discomfort questionnaire \(Turkish\)](#) - note: this was translated and validated by Dr. Oguzhan Erdinc.
 - [Musculoskeletal discomfort questionnaire \(Iranian Farsi\)](#) - note: this was translated and validated by Hossein Afifehzade-Kashani.
 - [Laptop Specific Cornell Musculoskeletal Discomfort Questionnaires \(English\)](#) - note this was adapted by Hossein Afifehzade-Kashani.
 - [Laptop Specific Cornell Musculoskeletal Discomfort Questionnaires \(Iranian Farsi\)](#) - note this was translated by Hossein Afifehzade-Kashani.
 - [Student Specific Cornell Musculoskeletal Discomfort Questionnaires \(English\)](#) note: this was developed by Dr. Oguzhan Erdinc and Dr. Mahmut Eksioglu.
 - [Student Specific Cornell Musculoskeletal Discomfort Questionnaires \(Turkish\)](#) note: this was developed by Dr. Oguzhan Erdinc and Dr. Mahmut Eksioglu.

- [Student Specific Cornell Musculoskeletal Discomfort Questionnaires \(Iranian Farsi\)](#) note: this was translated by Hossein Afifehzade-Kashani.
 - [Dutch Musculoskeletal Discomfort Questionnaire \(English translation, standardized\)](#)
 - [NIOSH Lifting Equation](#)
 - [Liberty Mutual Force Tables \(Snook Tables\)](#)
 - [Push/pull/carry force calculator](#)
- **Place Evaluations**
 - [USGBC Ergonomics Requirements Worksheets and Survey](#)
 - [Cornell Digital Reading Room Ergonomics Checklist \(CDRREC\)](#)
 - [OSHA's VDT Checklist](#)
 - [A User-friendly Computer Workstation Ergonomics Checklist \(English\)](#)
- **Lighting tools**
 - [Cornell Task Lighting Evaluation Form](#)
 - [Cornell Visibility Calculator](#)
- **IAQ/SBS tools**
 - [Indoor environment and sick building syndrome complaints in air-conditioned offices: benchmarks for facility performance?](#)
 - [Room Air Temperature and Relative Productivity Calculator](#)
- **Other useful tools**
 - [Extensive metric/imperial converter](#)
 - [Online unit converter \(US/Metric\)](#)
 - [Ergonomic Analysis Tools \(Prof. T. Bernard\)](#)