



Employees complete a detailed pre-assessment survey as part of our office ergonomics assessment process. The pre-assessment survey helps our ergonomists understand discomfort and concerns before we arrive for the assessment.

Our assessment process takes 1.5-2 hours with the employee, including an interview, observations and photographs, measurements, guided adjustments, measurements and photos of the adjusted position, and identification of work practice and equipment recommendations.

Employees are also asked to complete a follow up survey after all of the recommendations have been implemented. Both surveys include discomfort ratings on a 0–10 scale, and optional self-ratings for productivity, quality, and engagement.

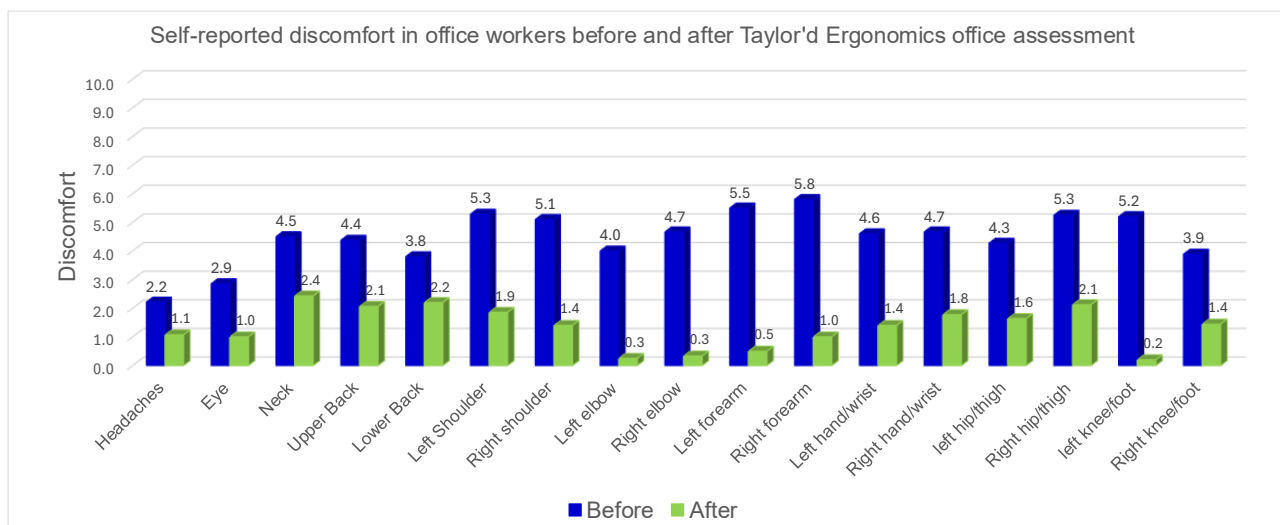
Effect of office ergo assessments on discomfort scores

Although all employees receiving an assessment are invited to submit a follow up survey, not all do. We recently started to remind employees to complete their follow up surveys. The data shown on this page reflects 18 surveys that were received in 2025, matched with the pre-assessment surveys.

A discomfort score of "10" represents "extreme discomfort", and a score of "0" represents no discomfort at all. The chart below shows the averages of all employees who were experiencing discomfort. Scores of "0" at baseline were excluded, to more clearly focus on the effect of ergonomics on discomfort.

On average, employees experienced 69% less discomfort after the adjustments and recommendations were implemented.

Paired T-tests identified whether changes between pre- and post-scores were statistically significant. Changes are considered "not due to chance" if the p-value is less than 0.05 in a one-tailed test.. **All body parts except the left forearm showed statistically significant improvements.**



Performance metrics

All employees reported on their productivity, work quality, and engagement. (Engagement was represented by the likelihood that the person felt they would be in the same job in one year.)

All metrics are scored on a 10-point scale, with 10 being a perfect score and 0 being the worst score.

Employees reported average increases of
19% for productivity
3% for work quality
40% for engagement

The improvements in productivity and quality were statistically significant, but the change for engagement was not (p-value of 0.08).



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