



# WORKPLACE ERGONOMICS ASSESSMENT

FOR ALL NEW MEXICO STATE EMPLOYEES



## WHAT IS AN ERGONOMICS ASSESSMENT?

An ergonomics assessment evaluates how employees interact with an in-office work environment to reduce strain and increase comfort, and prevent injury.

Our goal is to support a safe, efficient, and healthy workspace for all state employees.



## WHAT DOES THE ASSESSMENT INCLUDE:

- Evaluation of current desk setup (chair, monitor, keyboard, mouse)
- Review of posture and work habits
- Recommendations for adjustments using available equipment
- Suggestions to improve comfort and reduce risk of injury

Note: We prioritize using the equipment already available at your worksite to minimize additional spending.



## HOW TO REQUEST AN ERGONOMICS ASSESSMENT

Email us at: [work.together@gsd.nm.gov](mailto:work.together@gsd.nm.gov)

- Employee Name
- Department/Agency
- Work Location (On-site only)
- Brief description of any discomfort or concerns

Let's work together to keep New Mexico's state workforce  
healthy, comfortable, and injury-free.

**The Office Of Mitigation, Prevention, & Resolution**