

AI Ergonomic Evaluation

a workstation photo becomes a risk assessment

How to evaluate a worker or workstation from photos or a short clip, read the ergonomic risk factors and recommendations, and export the report.

Version 1.0

User Guide · for end users

Screens captured July 2026

ShieldSphere's AI Ergonomic Evaluation reviews a photo or short clip of a worker at their workstation and identifies where the setup is straining their body. It returns an overall ergonomic risk rating, a list of risk factors such as monitor position, seating and reach, each tied to the body regions it affects, and a concrete recommended change for every factor.

WHAT'S IN THIS GUIDE

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1 What Ergonomic Evaluation does

The Ergonomic Evaluation looks at a photo of a worker at their workstation and tells you where the setup is quietly straining their body - and exactly what to change.

You give it a workstation two ways - up to five photos from different angles, or a short clip that captures repetition and technique over time - and it returns:

1. An **overall ergonomic risk** rating for the setup.
2. A list of **risk factors** - monitor position, seating, reach, and so on - each tied to the body regions it affects.
3. A **recommendation** for each factor, written as a concrete change you can make.
4. The **state ergonomic requirements** that apply, where the site's jurisdiction has them.

READ THIS ONCE

This content is **AI-generated** and informed by professional safety expertise. It is a first-pass assessment, not a substitute for a professional ergonomic evaluation. Review, customize and approve it with a qualified safety professional before relying on it in your workplace.

WHERE IT SITS

Ergonomic Evaluation is a **site-level** module - evaluations belong to the site (profile) selected in the sidebar. It sits alongside the AI Hazard Scanner and Job Hazard Analysis as one of the three AI assessment tools, each aimed at a different kind of risk.

2 Words you'll see

TERM	WHAT IT MEANS
Evaluation	One assessment of one workstation, from the photos or clip you uploaded.
Overall risk	The setup's headline rating - Low, Moderate or High.
Risk factor	One aspect of the setup that creates strain - monitor height, seating, reach - with its own risk level.
Body region	The parts of the body a factor affects - neck, shoulders, lower back, wrists - shown as tags on the factor.
Confidence	How sure the AI is about a factor, as a percentage.
Recommendation	The specific change that reduces the factor - raise the monitor, add a keyboard tray, adjust the chair.
State ergonomic requirements	Enforceable ergonomic rules in State-Plan states (federal OSHA has no dedicated ergonomics standard).

3 Run an evaluation

A few phone photos of someone at their desk is all it takes.

AI Ergonomic Evaluation → **New Evaluation**

The evaluation screen. Upload on the left, your **Recent evaluations** on the right - each labelled with its overall risk and how many factors it found.

1 Add photos or a clip

Drag in **up to five photos** of the same workstation from different angles (JPG, PNG, GIF or WebP, up to 20 MB each), or **one short clip** of up to twenty seconds (MP4, MOV or WebM, up to 25 MB). More angles give a more complete read; a clip is best when the risk is in repetition and technique over a shift.

2 Add task and context

Task / workstation and **Additional context** are optional but sharpen the result. A note like "8-hour shift, repetitive packing" tells the AI what the body is doing all day, not just how the desk looks in a still.

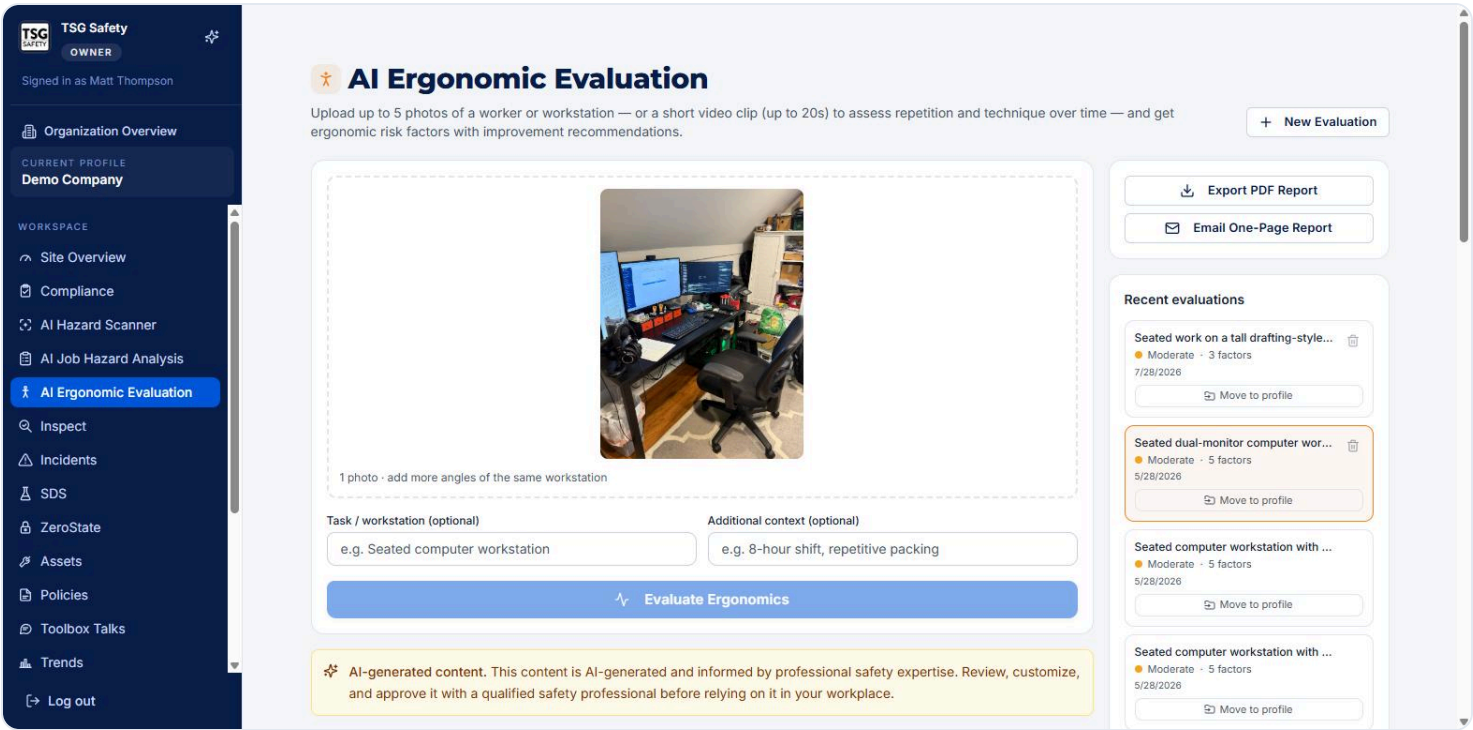
3

Click Evaluate Ergonomics

The assessment appears in a few seconds and saves to **Recent evaluations**. From there you review it - the AI drafts, you and a professional decide.

4 Read the evaluation

Overall risk first, then the specific factors - each one a body region, a cause, and a fix.



Evaluation, top. The photo you uploaded, with export options on the right. Add more angles of the same workstation to deepen the read.

Below the photo sits the **overall risk** banner and a short summary, then - where the jurisdiction has them - the **state ergonomic requirements** that apply. Federal OSHA has no dedicated ergonomics standard, so this section is what makes the assessment actionable in State-Plan states like California.

TSG Safety
OWNER
Signed in as Matt Thompson

Organization Overview
CURRENT PROFILE
Demo Company

WORKSPACE
Site Overview
Compliance
AI Hazard Scanner
AI Job Hazard Analysis
AI Ergonomic Evaluation
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SDS
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MODERATE ERGONOMIC RISK
Seated dual-monitor computer workstation in a home office under a sloped ceiling

The setup generally allows for seated computer work but monitor height, chair/desk fit, and leg clearance are likely to promote awkward neck, back, and shoulder postures over time. A few targeted adjustments to monitor placement, chair settings, and under-desk space would substantially reduce musculoskeletal strain.

CA STATE ERGONOMIC REQUIREMENTS
Federal OSHA has no dedicated ergonomics standard, but the worker's site is in a State Plan state with its own enforceable rule(s). Review applicability below.

8 CCR §5110 Repetitive Motion Injuries
Requires employers to establish a program to minimize repetitive motion injuries (RMIs) when an RMI predominantly caused by repetitive job duties has been diagnosed in more than one employee within a 12-month period.
Applies to: Employers with jobs, processes, or operations where a repetitive motion injury has occurred to more than one employee in the prior 12 months

8 CCR §5120 Health Care Worker Back and Musculoskeletal Injury Prevention
Requires covered health care employers to maintain a safe patient handling program, including lift equipment, training, and trained lift teams, to prevent back and other musculoskeletal injuries.
Applies to: General acute care hospitals (as defined in Health and Safety Code §1250) and other covered health care employers

Monitor / Display Position Moderate

Neck Upper Back

Both monitors sit directly on the desk and appear below typical seated eye height, which will tend to cause sustained downward neck flexion and forward head posture when viewing the screens.
Confidence: 86%

RECOMMENDATIONS
✓ Raise the monitors on risers or adjustable arms so the top of the primary screen is at or just below eye level when sitting upright in the chair.

Seating and Support Moderate

Lower Back Hips

RECOMMENDATIONS
✓ Adjust the chair so hips are level with or slightly above the seat pan.

Risk and requirements. The moderate-risk summary, the applicable state rules (here CCR sections on repetitive motion), then the first factors - each with a recommendation on the right.

Each **risk factor** is a card: the aspect of the setup, a **risk badge**, the **body regions** it strains, a description of why, a **confidence** score, and a concrete **recommendation**. Work down them from highest risk to lowest.

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lumbar contour and the seat pan appears slightly high relative to the desk, which can reduce lumbar support and may prevent the user from sitting fully back in the chair with thighs roughly parallel to the floor.
Confidence: 78%

against the backrest.

Work Surface / Input Device Height Moderate

Shoulders Wrists/Hands

The keyboard and mouse are on a relatively high fixed desk surface compared with the chair arm height, which can lead to elevated shoulders and bent wrists during typing and mousing.
Confidence: 80%

RECOMMENDATIONS
✓ Lower the chair and/or add a keyboard tray so that keyboard and mouse are at or just below elbow height with elbows near 90 degrees and wrists in a neutral, straight position.

Legroom / Static Loading Low

Knees Lower Back

The computer tower and other items under the desk reduce clear leg space, which can restrict lower-body movement and encourage twisted or tucked leg postures during prolonged sitting.
Confidence: 74%

RECOMMENDATIONS
✓ Relocate the computer tower and stored items away from the primary knee and foot area to allow free leg movement and the ability to sit centered at the workstation.

Reach / Work Organization Low

Shoulders Upper Back

Frequently used accessories (e.g., notebook, phone, small tools) are spread across the desk depth and sides, which may require repeated forward reaching or twisting of the upper body.
Confidence: 70%

RECOMMENDATIONS
✓ Reorganize the desktop so high-use items are within a comfortable forearm's-length reach directly in front of the seated position to minimize repeated reaching and trunk rotation.

Factor by factor. Work-surface height, legroom, reach - every factor names the body regions at risk and pairs them with a fix you can act on today.

5 Export and share

The panel at the top right of any evaluation turns it into something you can hand over:

Export PDF Report

The full evaluation - photo, overall risk, every factor and recommendation - as a document for the file or the worker.

Email One-Page Report

A short summary sent straight from the app to whoever owns the fix.

In the **Recent evaluations** list, **Move to profile** reassigns an evaluation to a different site if it was captured under the wrong one, and the trash icon removes one you no longer need.

6 Troubleshooting

SYMPTOM	CAUSE AND FIX
Evaluate Ergonomics does nothing	No photo or clip has been added. Add at least one - up to five photos, or one clip of twenty seconds or less.
The read is shallow or generic	One angle only, or no context. Add more photos of the same workstation and fill in the task and shift context.
No state requirements are shown	The site's jurisdiction has no dedicated ergonomics standard. The factors and recommendations still apply.
The evaluation is on the wrong site	Use Move to profile on the evaluation in the Recent list.
I need this to become tracked work	Ergonomic fixes are recommendations, not tracked actions here. Raise them as corrective actions from Incidents or Inspect if you want owners and due dates.