SHIELDSPHERE

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.

USER GUIDE – FOR EVERYDAY USERS | VERSION 1.0 | SCREENS CAPTURED JULY 2026

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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.

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.

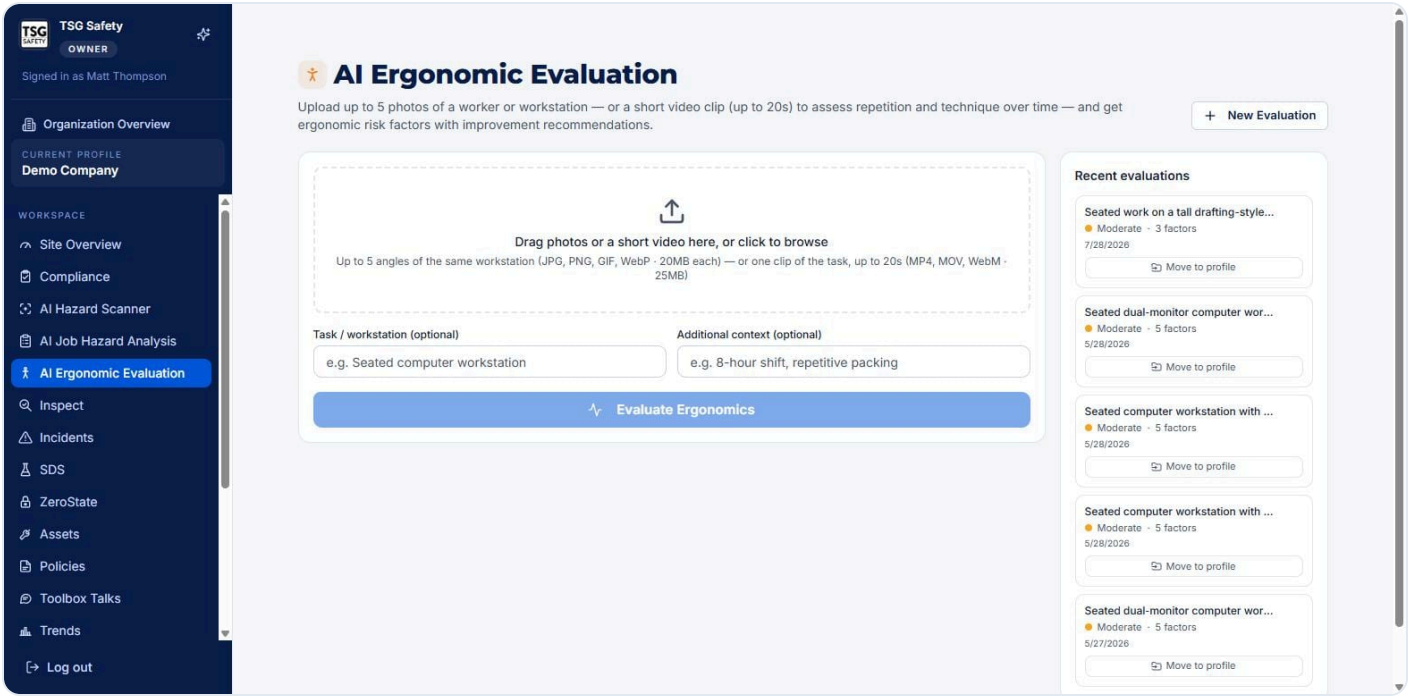
2 Words you'll see

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

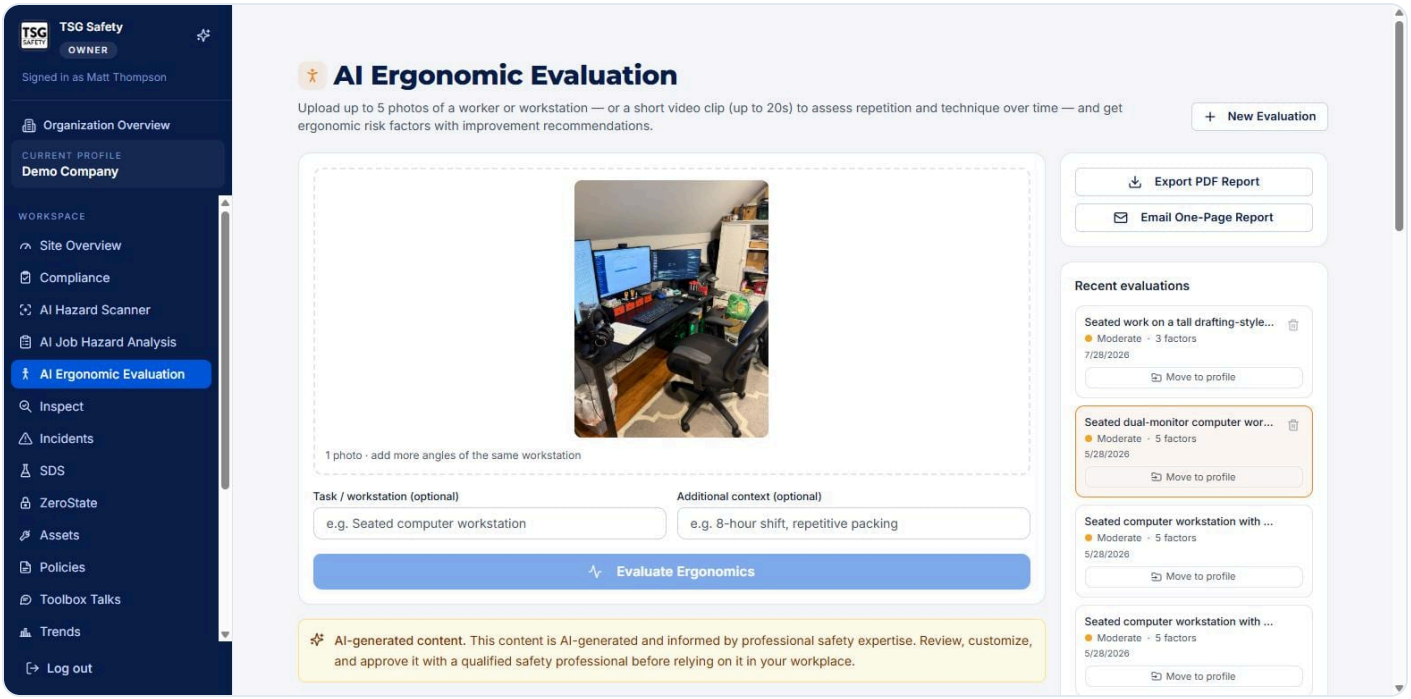
Task / workstation and **Additional context** are optional but sharpen the result. A note like "8-hour shift, repetitive packing" tells the AI what the body is doing all day, not just how the desk looks in a still.

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.

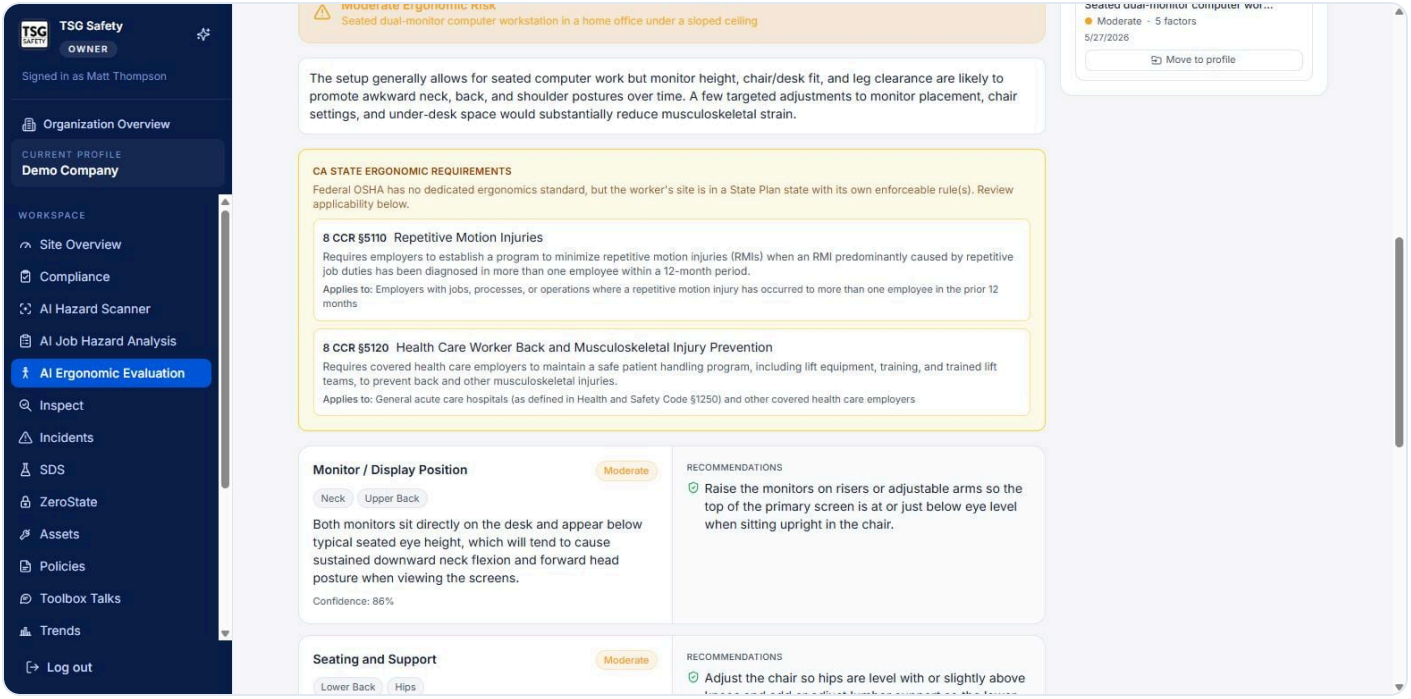
4 Read the evaluation

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



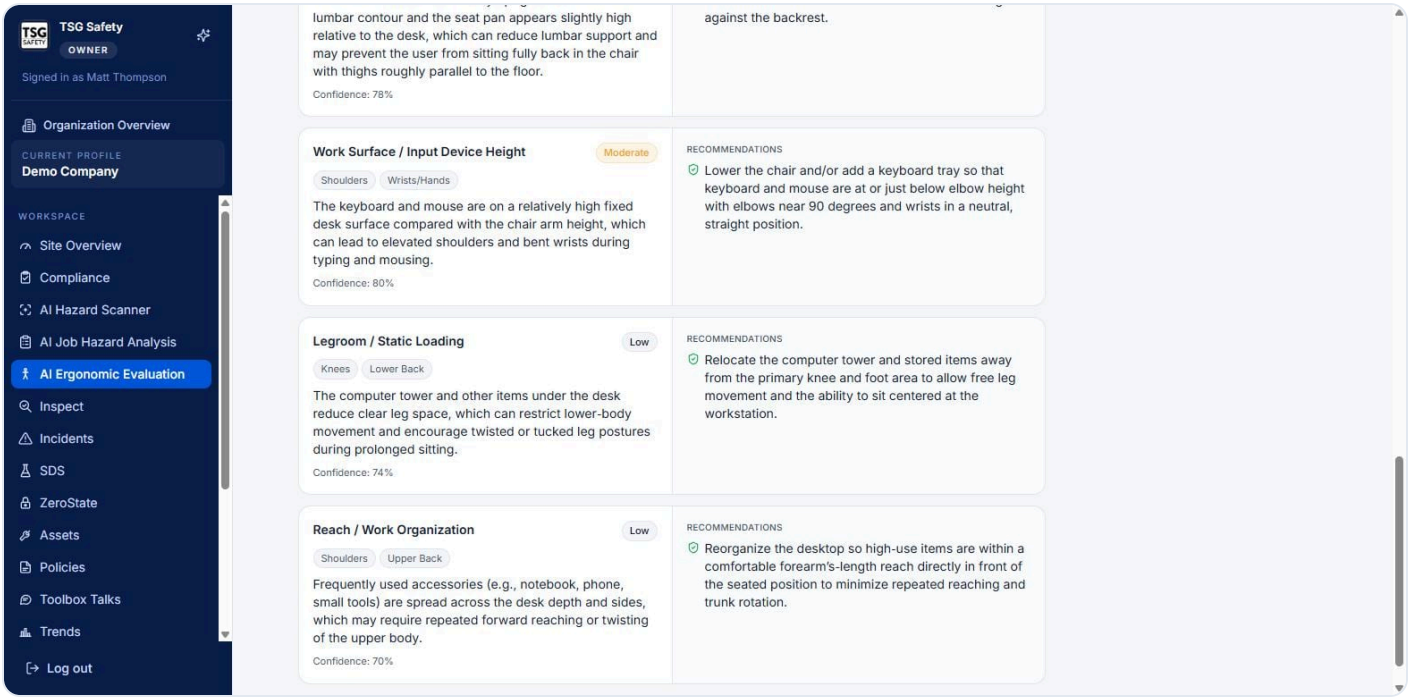
> **Evaluation, top.** The photo you uploaded, with export options on the right. Add more angles of the same workstation to deepen the read.

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.



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.



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.

ShieldSphere AI Ergonomic Evaluation – User Guide. Published at shieldspheresafety.com/guides/ergonomic-evaluation-user. Screens are illustrative; the written steps are what to follow if the two ever disagree.