How to Access the New RSS Computer Ergonomics Training and Self Assessment

Risk and Safety Solutions (RSS) is the host for all online UC Ergonomics training and self assessment

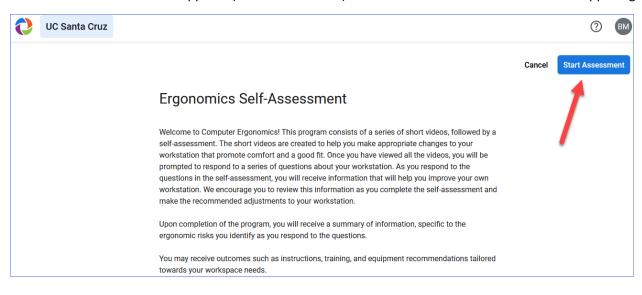
Go to: Risk and Safety Solutions at https://riskandsafety.com

Sign in with by your UC location using the button on upper right corner of the Main page at Risk and Safety Solutions. This will take you to your personal homepage for your employee training account with RSS (See screenshot below).

To begin, select Computer Ergonomics Self Assessment on the right side of this page

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		Brian Macdonald's Ergonomics Self-	ERGO	Draft	07/02/2023	My PPE Items				
		Assessment	2100	- brait	07,02/2020	Report Emplo	yee Injury or	Illness		~

Review the information that appears (Screenshot below) and then select "Start Assessment" on upper right side of page.



Review the information on the page that opens next. (Screenshot below). Then select "Continue" on the right.

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B Summary	Brian Macdonald's Ergonomics Self-Assessment DRAFT 🔗 Last saved less than a minute ago	Close Continue :
Training Assessment 0/37	Summary Instructions O As you complete the following self-assessment, you will be provided with tailored information and suggestions for improving the	/
	ergonomics of your workstation. Once you complete the self-assessment you will also receive a report with this information. You and your department management are all responsible for your safety and are encouraged to review this material and make appropriate changes to your workstation. If you need immediate assistance please contact your direct supervisor.	
	Information	
	User Information	

Select "Ergonomics" for the training type.

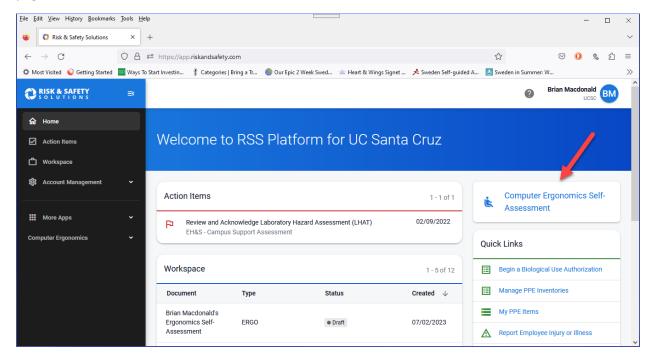
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Summary	Brian Macdonald's Ergonomics Self-Assessment DRAFT 🖉 Last saved 2 minutes ago
	Training
Assessment 0/37	Please watch the following videos before filling out the assessment. These trainings are intended to help you when filling out the assessment and to showcase the importance of ergonomic health.

This will go directly to the video player for the course (Screenshot below)



Follow any instructions at the beginning of the audio and complete all parts of Section 1 of the course. Also review any part of section 2 that pertains to your specific computer workstation. You will need to answer all the questions that are presented along the way in order to complete the course. Once completed you can close the video player and this window by selecting "Finish" at the end or simply selecting "Exit" in upper right corner of player. Or simply close the browser window directly.

Now that the video training is complete you return to the open window/browser tab that displays your Personal RSS account homepage (Screenshot below) and select again "Computer Ergonomics Self Assessment" on the right side of the page.



Then select "Start Assessment"

0	UC Santa Cruz		?	BM
		Cancel	Start Assess	sment
	Ergonomics Self-Assessment		1	
	Welcome to Computer Ergonomics! This program consists of a series of short videos, followed by a self-assessment. The short videos are created to help you make appropriate changes to your workstation that promote comfort and a good fit. Once you have viewed all the videos, you will be prompted to respond to a series of questions about your workstation. As you respond to the questions in the self-assessment, you will receive information that will help you improve your own workstation. We encourage you to review this information as you complete the self-assessment and make the recommended adjustments to your workstation.		/	
	Upon completion of the program, you will receive a summary of information, specific to the ergonomic risks you identify as you respond to the questions.			
	You may receive outcomes such as instructions, training, and equipment recommendations tailored towards your workspace needs.			

Select "Assessment" from the left navigation bar.

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B Summary	Brian Macdonald's Ergonomics Self-Assessment DRAFT 🔗 Last saved less than a minute ago	Close	Continue	• •
Training Assessment 0/37	Summary			
	As you complete the following self-assessment, you will be provided with tailored information and suggestions for improving the ergonomics of your workstation. Once you complete the self-assessment, you will also receive a report with this information. You and your department management are all responsible for your safety and are encouraged to review this material and make appropriate changes to your workstation. If you need immediate assistance please contact your direct supervisor.			
	Information User Information			

This will open the self assessment form. Complete all questions and enter "Submit" when completed.

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🛱 Summary	^	Brian Macdonald's Ergonomics Self-Assessment DRAFT	Close Submit :
Training		Assessment	1
I Assessment	0/37	* indicates that a response is required.	
> Employee Profile	0/7	Employee Profile	
> Workstation	0/6	Height * Please indicate your height.	
 Your Comfort 	0/1	# feet # inches	
> General	0/2		
> Habits	0/2	Work Location * Where do you routinely perform your computer work duties for the University of California? Note: total	
> Seating	0/4	should equal 100% and each box should have a number even if it is zero.	
0% Complete	0.10 ¥	# % Onsite at a UC location	
		# % Home/Remote	

Once you are finished with the training and self assessment these items will appear in your Dashboard as completed. You can select your self assessment to review it at any time. It can be printed or saved as a PDF by using your browser save and print features if needed.