



Skills Check-Off: Posture & Ergonomics

Chapter: Your Professional Image

Aligned with the state board practical standard. Good ergonomics prevent injury and are part of professional presentation. Passing standard: 70%.

Student: _____ Date: _____ Instructor: _____

Posture and Ergonomics

Evaluation criterion	Competent	Needs Practice
Keeps the back straight while working		
Brings the work up rather than hunching over the client		
Keeps wrists straight to avoid strain		
Adjusts the chair and client height to avoid reaching		
Stands with feet shoulder-width and weight balanced		
Changes position as needed to avoid repetitive strain		

Scoring: Count one point for each criterion marked Competent. Competent: _____ of 6. Passing standard: 70% (4 of 6), matching the state board practical exam.

Result: COMPETENT / RE-TEST Comments: _____