

<b>Title</b>	<b>Demonstrate an understanding of ergonomic principles for computer workstations</b>		
<b>Level</b>	<b>2</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	People credited with this unit standard are able to: describe ergonomic principles for computer workstations; and use a computer workstation according to ergonomic principles.
----------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>Classification</b>	Computing > Generic Computing
-----------------------	-------------------------------

<b>Available grade</b>	Achieved
------------------------	----------

---

### Explanatory notes

- 1 Guidelines refer to the following publication:  
*ACC5637 Guidelines for Using Computers - Preventing and managing discomfort, pain and injury.* Accident Compensation Corporation - Department of Labour, 2010
- 2 Legislation relevant to this unit standard includes but is not limited to the:  
Health and Safety in Employment Act 1992,  
and its subsequent amendments.
- 3 An assessment resource to support computing unit standards (levels 1 to 4) can be found on the NZQA website at [www.nzqa.govt.nz/asm](http://www.nzqa.govt.nz/asm).

---

### Outcomes and evidence requirements

#### Outcome 1

Describe ergonomic principles for computer workstations.

#### Evidence requirements

- 1.1 Ergonomic principles for computer workstations are described in accordance with the Guidelines.
- 1.2 The symptoms of health problems that may be caused by poor ergonomic arrangements are described in accordance with the Guidelines.

**Outcome 2**

Use a computer workstation according to ergonomic principles.

**Evidence requirements**

- 2.1 The workstation arrangement is checked to ensure that it conforms to the Guidelines.
- 2.2 The workstation arrangement allows the computer to be used for the designed workstation purpose.
- 2.3 The position of the user conforms to the Guidelines.
- 2.4 The keyboard and mouse are operated in accordance with the Guidelines.

<b>Planned review date</b>	31 December 2016
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	8 July 1996	31 December 2013
Revision	2	28 July 1998	31 December 2013
Review	3	30 November 2000	31 December 2013
Revision	4	5 July 2002	31 December 2013
Revision	5	16 July 2004	31 December 2013
Review	6	22 May 2009	31 December 2015
Rollover and Revision	7	19 September 2013	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0226
------------------------------------------------------------	------

This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Please note**

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

---

**Comments on this unit standard**

Please contact NZQA National Qualifications Services [nqs@nzqa.govt.nz](mailto:nqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.