



Remote Ergonomic Assessments:

PMA Companies is proud to announce that remote home ergonomic assessments are being offered to all State of Vermont employees. With the COVID-19 pandemic forcing more and more employees to work from home, these assessments can help get you set up in a safe and healthy work environment in your home. These assessments can be done on video via Skype, or can be done using photos if video is not desired.

How to request an assessment?

State employees can request a remote assessment using the same Ergonomic Intake Form that is used for in-person assessments. There is not currently a remote option under "reason for request", so PMA's Technical Coordinator will verify the nature of the request in the acknowledgement email. The Ergonomic Intake Form can be found using the link below:

<https://aoa.vermont.gov/secretary/divisions/workers-comp/intake-form>

Additional PMA Resources:

We highly encourage anyone who is considering requesting a remote assessment to first utilize the Remote Ergonomics: Tips and Tricks Sheet, which has now been uploaded to the DHR website and can be found below:

<https://humanresources.vermont.gov/content/remote-ergonomics-tips-and-tricks-home>

Any questions or inquiries can be directed to:

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