

ErgoTrack Assessment Report

Session Information

Date: 6/23/2025, 3:20:02 PM

Duration: 00:01:00

Assessment Type: BOTH

Pose Detection Quality

Total Keypoints: 17

Valid Keypoints: 12

Detection Confidence: 71%

RULA Assessment Results

Score: 3

Risk Level: Low Risk - Investigate

Individual Body Part Scores:

Upper Arm: 1 Lower Arm: 2 Wrist: 2

Neck: 4 Trunk: 3

Group A Score: 2 Group B Score: 5

Recommendations:

1. Minor ergonomic concerns detected
2. Adjust chair height and monitor position
3. Check keyboard and mouse placement
4. Take micro-breaks every 20-30 minutes
5. Consider ergonomic accessories

REBA Assessment Results

Score: 1

Risk Level: Negligible

Individual Body Part Scores:

Neck: 2 Trunk: 4 Legs: 1

Upper Arm: 1 Lower Arm: 1 Wrist: 1

Group A Score: 2 Group B Score: 1

Recommendations:

1. Negligible risk - posture is acceptable
2. Continue current practices
3. Monitor for any changes in work conditions