**“Working Safely with Computers” Evaluation**

Please take a couple of minutes to complete this evaluation form.

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| **Session name: Working Safely with Computers** **Presenter: Laxmilavanya Gullapalli****Total Participants: 12 attended.**  |
| Please rate 1 = poor 3 = average 5 = excellent  |
| Rating Score |  1 2 3 4 5 |
| On-screen presentation |  5 7 |
| Take-away Brochure |  2 10 |
| Speaker’s subject knowledge |  1 11 |
| Speaker’s interaction with audience |  6 7 |
| Session length |  6 6 |
| Would you recommend the session to others? |  3 9 |
| Value of information presented |  2 10 |
| Did the course content match the description? |  - 12 |
| Overall session evaluation |  4 8 |

**Comments on above session:**

* When I came to this presentation I had hoped …..
* Focus on exercises that will help alleviate the strain in the muscles.
* “To learn something new about working at a desk.”
* “To learn about the effects of working with computers on the musculoskeletal system.”
* “It will teach me good sitting postures.”
* “To learn about best working posture.”
* To understand the problems working with computers.
* “It will be more academic in nature”.
* “I would learn correct sitting postures.”
* Now that I have listened to this presentation, I feel….
* “It was good to know about the research that has gone on in this field. This increased my awareness and change my habits.”
* “I have learned some good tips that will help my posture and prevent injury and pain while working at a computer.”
* “Like I need to rearrange my work station.”
* “I know a lot more than just sitting.”
* “Much more knowledgeable about work place issues.”
* “Better about my sitting postures.” And, about “what I need to improve.”
* “I will notice these things to make part of my work habit.”
* “Start following some of the tips.”
* “Happy to know postures and additional aids.”
* “There are lot of things / factors that need to be considered while working with computers. Initially, I thought it was just one or two factors, but the small things (multiple) make a difference.”
* “I might need to change my workplace desk.”
* A practical thing from the presentation I plan to use is….
* “1) Change my posture 2) Take breaks 3) Do exercises.”
* “The stretches that we learned. I plan to share them with others as well.”
* “Keyboard and mouse alignment.”
* “Sitting posture.”
* “Take good break and do regular exercise.”
* “Try to take more breaks and relax muscles.”
* “Move around, stretch exercises at regular intervals.”
* “Breaks at scheduled intervals and exercises.”
* “Leg room, width/ distance between self and monitor.”
* “Take a few minutes break and do the exercises.”
* A suggestion for the presentation improvement I would make is……
* “Presentation was great.”
* “Maybe more demonstration by the presenter and one of the adjustable chairs to demonstrate.”
* “None.”
* “Intermittent and more interaction with the audience.”
* “Excellent.” “Good work.”
* “The graphics/pictures used in the slides are little old, needs to be updated.”
* “Moving around in the room. It could relax people change postures.”
* “None. Thank you, the session was informative.”