

Remote Research Ergonomics Checklist

Workstation setup, breaks, and screen-time practices for online research.

City Open University (CoU) — Research & Publication

This document is a downloadable placeholder included for website prototyping.

Replace with your approved institutional content when ready.

Contents (sample):

- Purpose and scope
- Support services and how to access them
- Well-being check-ins and community resources
- Policies, reporting, and confidentiality
- Contacts and escalation pathways