# RSS Computer Ergonomics Self-Assessment

## Login to RSS [Computer Ergonomics](http://app.riskandsafety.com/)

Log in using your campus credentials and select the Computer Ergonomics Self-Assessment icon

## Computer Ergonomics Self-Assessment icon

## Create a new Self-Assessment as the Owner

* Select the Start New Assessment Icon to start a Self-Assessment



* Assessment should start in Draft Status



* Select continue to go to the assessment section to complete the assessment form



* Summary page shows user’s progress and Assessment sections



## Submit Self-Assessment

* Answer the Self-Assessment questions



* Progress bar will update when questions are answered



* Outcomes will be provided when questions are answered. If there is required training for the outcome there will be a link that takes you to the training.



* Questions counts will update after each question is answered



* After all required questions are answered select the Submit Icon

