

Movements or postures done with great frequency as part of the workday that may cause potential injury.

Check box if job is done in the position

# employees in job:  
Department:  
Date:

Job Position Evaluated:

## Awkward Posture

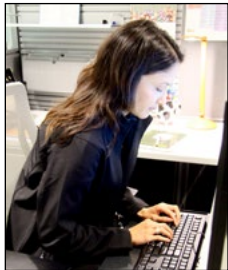
X

## Comments/Observations

## Consultant Recommendations



**1.**  
Working with hands above the head or with elbows above the shoulders for 2 or more hrs/day. Examples include: lifting items or moving materials that place the body in awkward positions.



**2.**  
Keeping the neck or back bent more than 30 degrees (w/o support and w/o ability to vary posture) for 2 or more hrs/day. Examples include: working at a desk, assembly bench, etc.



**3.**  
Squatting for 2 or more hrs/day. Examples include: placing items on shelves, bending in a catcher's position to sort materials, etc.



**4.**  
Working in a static kneeling posture for 2 or more hrs/day. Examples include: installing carpet, fixing outlets, etc.

## High Hand Force

X

## Comments/Observations

## Consultant Recommendations



**5.**

Pinching unsupported objects weighing 2lbs or more per hand or pinching with a force of 4lbs or more per hand for 2 or more hrs/day. Examples include: carrying items, etc.



**6.**

Gripping unsupported objects or with a force weighing 10lbs or more per hand for 2 or more hrs/day. Examples include: holding items used to assemble parts, etc.



## Highly Repetitive Motion

X

## Comments/Observations

## Consultant Recommendations



**7.**

Repeating the same motion with the neck, shoulders, elbows, wrists or hands with little or no variation every few seconds for 2 or more hrs/day. Typically seen in assembly operations.



**8.**

Intense typing for 4 or more hrs/day.

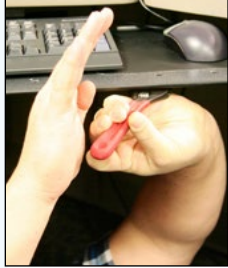


## Repeated Impact

X

## Comments/Observations

## Consultant Recommendations



**9.**

Using the hand (heel/base of palm) or knee as a hammer more than 10x/hour for 2 or more hrs/day. Examples include: installing parts and assembly work.



## Heavy, Frequent Awkward Lifting

X

## Comments/Observations

## Consultant Recommendations



**10.**

Lifting objects weighing 75lbs or more, 1x/day or 55lbs or more, 10x/day. Examples include: working in warehouses or in jobsites, car repairs, etc.



**11.**

Lifting objects weighing 10lbs or more 2x/min and for 2 or more hrs/day. This can be in a manufacturing plant or at a job site, delivery vehicle, etc.






**12.**

Lifting objects weighing 25lbs or more above the shoulders, below the knees or at arms length for more than 25x/day. Examples include: working in factories, warehouses and at job sites.



# INDUSTRIAL ERGONOMICS EVALUATION TOOL

High Hand Arm Vibration	X	Comments/Observations	Consultant Recommendations
 <p><b>13.</b> Using impact wrenches, jack hammers, drills, chain saws, percussive tools or other tools that have high vibration levels for more than 30 minutes/day. This can be in assembly operations and job sites.</p>			
 <p><b>14.</b> Using circular saws, sanders, jigsaws or other hand tools that have moderate vibration levels for 2 or more hrs/day.</p>	