








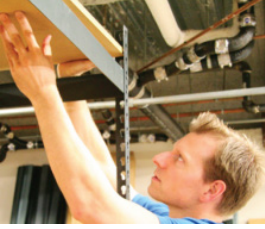






Company: _____
 Job: _____
 Department: _____

Employees: _____ Date: _____
 Safety consultant: _____
 Company contact: _____

Observed frequent postures and movements that may cause injuries	Check if Yes	Comments and observations	Helpful ideas to reduce and eliminate injury risks
AWKWARD POSTURE	X	COMMENTS	RECOMMENDATIONS
<p>1</p>  <p>Hands above head, elbows above shoulders 2 or more hours daily. Examples: lifting items, moving materials in awkward positions.</p>	<input type="checkbox"/>		
<p>2</p>  <p>Neck or Back bent >30° (no support or ability to vary posture), 2 or more hours daily. Examples: working at desk, assembly bench, welding.</p>	<input type="checkbox"/>		
<p>3</p>  <p>Squatting 2 or more hours daily. Examples: placing items on shelves, bending in catcher's position to sort materials.</p>	<input type="checkbox"/>		
<p>4</p>  <p>Working in static kneeling position 2 or more hours daily. Examples: installing carpet, fixing outlets.</p>	<input type="checkbox"/>		

HIGH HAND FORCE		X	COMMENTS	RECOMMENDATIONS
5	 <p>Pinching unsupported 2 lbs+ per hand or 4 lbs+ force per hand for 2 or more hours daily. Examples: carrying items without handles, blocks.</p>	<input type="checkbox"/>		
6	 <p>Gripping unsupported objects or 10 lbs force per hand for 2 or more hours daily. Examples: holding tools used to assemble parts.</p>	<input type="checkbox"/>		
HIGHLY REPETITIVE MOTION		X	COMMENTS	RECOMMENDATIONS
7	 <p>Motion with neck, shoulders, elbows, wrists, hands, with little variation every few seconds, 2 plus hours daily. Example: assemblies.</p>	<input type="checkbox"/>		
8	 <p>Intense typing 4 or more hours daily.</p>	<input type="checkbox"/>		
REPEATED IMPACT		X	COMMENTS	RECOMMENDATIONS
9	 <p>Hammering with hand (heel/base of palm) or knee more than 10x/hr or 2 hours daily. Examples: installing parts, using knee-kick and assembly work.</p>	<input type="checkbox"/>		

FREQUENT, AWKWARD LIFTING		X	COMMENTS	RECOMMENDATIONS
10	 <p>Lifting 75lbs or more upward, 1x/day or 55lbs or more 10x/day. Examples: working in warehouses, job sites, car repairs.</p>	<input type="checkbox"/>		
11	 <p>Lifting 10 lbs or more 2x/min and 2 or more hours daily. Examples: manufacturing plant or job site, delivery vehicle.</p>	<input type="checkbox"/>		
12	 <p>Lifting 25lbs or more above shoulders, below knees or at arms length, more than 25x/day. Examples: factory work, warehouses, job sites.</p>	<input type="checkbox"/>		
HAND ARM VIBRATION		X	COMMENTS	RECOMMENDATIONS
13	 <p>Using impact wrenches, jack hammers, drills, chain saws, tools with high vibration more than 30 minutes daily.</p>	<input type="checkbox"/>		
14	 <p>Using circular saws, sanders, jigsaws, hand tools with moderate vibration levels, 2 or more hrs/day.</p>	<input type="checkbox"/>		