

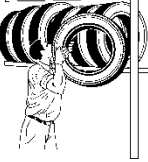



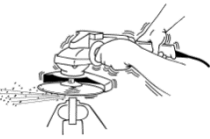

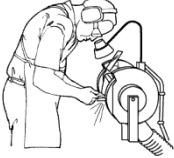





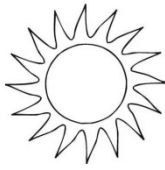


## Ergonomic Risk Factor Checklist

Job Evaluated:		Evaluated By:	
Date Of Evaluation:		Number Of Employees In This Job:	
Excessive Force		Check If Observed	Comments And Ideas To Reduce Risk
	Lifting objects weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day.	<input type="radio"/>	
	Lifting objects weighing more than 10 pounds if done more than twice per minute, more than two hours total per day.	<input type="radio"/>	
	Lifting objects weighing more than 25 pounds above the shoulders, below the knees or at arms length more than 25 times per day.	<input type="radio"/>	
	Pinching an unsupported object(s) weighing two or more pounds per hand, or pinching with a force of four or more pounds per hand, more than two hours total per day (comparable to pinching half a ream of paper).	<input type="radio"/>	
	Gripping an unsupported objects(s) weighing 10 or more pounds per hand, or gripping with a force of 10 or more pounds per hand, more than two hours total per day (comparable to clamping light duty automotive jumper cables onto a battery).	<input type="radio"/>	
Vibration		Check If Observed	Comments And Ideas To Reduce Risk
	Using impact wrenches, carpet strippers, chain saws, percussive tools (jack hammers, scalers, riveting or chipping hammers) or other tools that typically have high vibration levels, more than 30 minutes total per day.	<input type="radio"/>	
	Using grinders, sanders, jigsaws or other hand tools that typically have moderate vibration levels more than two hours total per day.	<input type="radio"/>	

<b>Awkward Posture</b>		<b>Check If Observed</b>	<b>Comments And Ideas To Reduce Risk</b>
	Working with the hand(s) above the head or the elbow(s) above the shoulders more than two hours total per day.	<input type="radio"/>	
	Working with the neck or back bent more than 30 degrees (without support and without the ability to vary posture) more than two hours total per day.	<input type="radio"/>	
	Squatting more than two hours per day.	<input type="radio"/>	
	Kneeling more than two hours per day.	<input type="radio"/>	
<b>Contact Stress</b>		<b>Check If Observed</b>	<b>Comments And Ideas To Reduce Risk</b>
	Using the hand (heel/base of palm) or knee as a hammer more than 10 times per hour, more than two hours total per day.	<input type="radio"/>	
<b>Repetition</b>		<b>Check If Observed</b>	<b>Comments And Ideas To Reduce Risk</b>
	Repeating the same motion with the neck, shoulders, elbows, wrists, or hands (excluding keying activities) with little or no variation every few seconds, more than two hours total per day.	<input type="radio"/>	
	Performing intensive keying more than four hours total per day.	<input type="radio"/>	
<b>Environment</b>		<b>Check If Observed</b>	<b>Comments And Ideas To Reduce Risk</b>
	Working in hot, cold, noisy, bright or dark conditions.	<input type="radio"/>	

Checklist adapted from State of Washington Department of Labor & Industries