

# Ergonomic risk factor checklist

Job evaluated: \_\_\_\_\_ Date of evaluation: \_\_\_\_\_

Evaluated by: \_\_\_\_\_ 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.		
Lifting objects weighing more than 10 pounds if done more than twice per minute, more than two hours total per day.		
Lifting objects weighing more than 25 pounds above the shoulders, below the knees, or at arms length more than 25 times per day.		
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).		
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).		

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.		
Using grinders, sanders, jigsaws, or other hand tools that typically have moderate vibration levels more than two hours total per day.		

Awkward posture	Check if observed	Comments and ideas to reduce risk
Working with the hand(s) above the head or the elbow(s) above the shoulders more than two hours total per day.		
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.		
Squatting more than two hours per day.		
Contact stress	Check if observed	Comments and ideas to reduce risk
Using the hand (heel or base of palm) or knee as a hammer more than 10 times per hour, more than two hours total per day.		
Repetition	Check if observed	Comments and ideas to reduce risk
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.		
Performing intensive keying more than four hours total per day.		
Environment	Check if observed	Comments and ideas to reduce risk
Working in hot, cold, noisy, bright, or dark conditions.		
Working on slippery, uneven, or inclined walking surfaces.		