

Quick Check
Ergonomics Risk Factor Checklist

| RISK FACTOR | <1hr | 1-4hr | >4hr | Cause of Risk Factor | Proposed Solution | Comments |
|--|--------|--------|--------|----------------------|-------------------|----------|
| REPETITIVE | | | | | | |
| every few seconds | 0 | 1 | 3 | | | |
| every few minutes | 0 | 0 | 1 | | | |
| LOAD/FORCE (lift) | | | | | | |
| >5-15 lbs | 0 | 0 | 1 | | | |
| >15-30 lbs | 1 | 1 | 2 | | | |
| >30-50 lbs | 2 | 2 | 2 | | | |
| >50 lbs@ | 3 | 3 | 3 | | | |
| LOAD/FORCE (Push/Pull) | | | | | | |
| easy | 0 | 0 | 1 | | | |
| moderate | 0 | 1 | 2 | | | |
| heavy | 1 | 2 | 3 | | | |
| LOAD/FORCE (Carry>10 ft) | | | | | | |
| >5-15lbs | 0 | 0 | 1 | | | |
| >15-30lbs | 0 | 1 | 2 | | | |
| >30lbs | 1 | 2 | 3 | | | |
| AWKWARD POSTURES: | | | | | | |
| Neck/shoulder: overhead/bend | 0 | 1 | 2 | | | |
| Extended reach | 0 | 1 | 2 | | | |
| Elbow/forearm: twist | 0 | 1 | 2 | | | |
| Hand/wrist: bend/pinch | 0 | 1 | 2 | | | |
| Trunk: twist/bend | 0 | 1 | 2 | | | |
| Knee: squat/kneel | 0 | 1 | 2 | | | |
| USE POWER TOOLS | 0 | 1 | 3 | | | |
| PRESSURE POINTS | 0 | 1 | 2 | | | |
| SAME POSITION | 0 | 1 | 2 | | | |
| ENVIRONMENT cold, hot, light, glare, vibration | 0 | 1 | 2 | | | |
| CONTINUOUS KEYBOARD USE | 0 | 1 | 2 | | | |
| INCENTIVE WORK or NO WORKER CONTROL OVER JOB PACE | 0 0 | 1 1 | 2 2 | | | |
| TOTAL Score = 10 or more? | | | | | | |

@Single Lift > 50 lbs increases risk of low back problems