




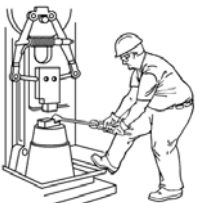


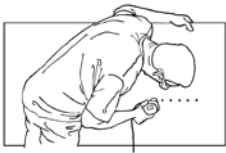







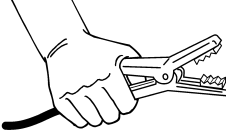
Ergonomics: A Hazard Zone Checklist

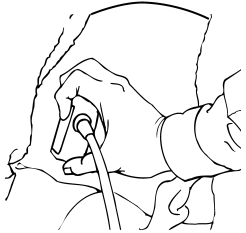


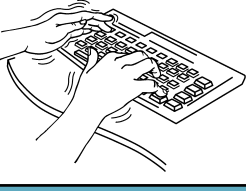
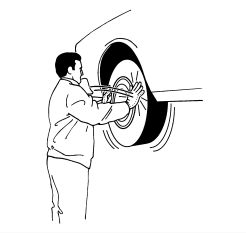
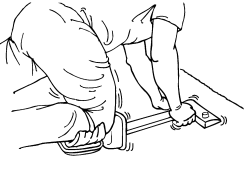
THIS CHECKLIST was designed to help you identify hazardous movements or postures in your workplace. While some of the pictures depict activities you may not do specifically, the motions or postures may mimic the motions or postures that are found in your workplace.

HAZARD ZONE JOBS CHECKLIST

For each "caution zone job" find any physical risk factors that apply. If a hazard exists, it must be reduced below the hazard level or to the degree technologically and economically feasible.

Movements or postures that are a regular and foreseeable part of the job, occurring more than one day per week, and more frequently than one week per year.	Hazard Exists ✓	Job Position Evaluated: Date:	No. of employees in these jobs?
Awkward Posture		Comments/Observations	
	<p>1. Working with the hand(s) above the head, or the elbows above the shoulders more than 4 hours total per day.</p>	<input type="checkbox"/>	
	<p>2. Repeatedly raising the hand(s) above the head, or the elbows above the shoulders more than once per minute more than 4 hours total per day.</p>	<input type="checkbox"/>	
	<p>3. Working with the neck bent more than 45° (without support or the ability to vary posture) more than 4 hours total per day.</p>	<input type="checkbox"/>	
	<p>4. Working with the back bent forward more than 30° (without support or the ability to vary posture) more than 4 hours total per day.</p>	<input type="checkbox"/>	

Awkward Posture (continued)		Comments/Observations	
	5. Working with the back bent forward more than 45° (without support or the ability to vary posture) more than 2 hours total per day.	<input type="checkbox"/>	
	6. Squatting more than 4 hours total per day.	<input type="checkbox"/>	
	7. Kneeling more than 4 hours total per day.	<input type="checkbox"/>	
High Hand Force		Comments/Observations	
Pinching an unsupported object(s) weighing 2 lbs. or more per hand, or pinching with a force of 4 lbs. or more per hand (comparable to pinching a half a ream of paper).			
	8. Pinching with highly repetitive motion more than 3 hours total per day.	<input type="checkbox"/>	
	9. Pinching with wrist movement and wrist bending more than 3 hours total per day.	<input type="checkbox"/>	
	10. Pinching alone (no other risk factors) more than 4 hours total per day.	<input type="checkbox"/>	
Gripping an unsupported object(s) weighing 10 lbs. or more per hand, or gripping with a force of 10 lbs. or more per hand (comparable to clamping light-duty automotive jumper cables onto a battery).			
	11. Gripping with highly repetitive motion more than 3 hours total per day.	<input type="checkbox"/>	
	12. Gripping with wrist movement and wrist bending more than 3 hours total per day.	<input type="checkbox"/>	
	13. Gripping alone (no other risk factors) more than 4 hours total per day.	<input type="checkbox"/>	

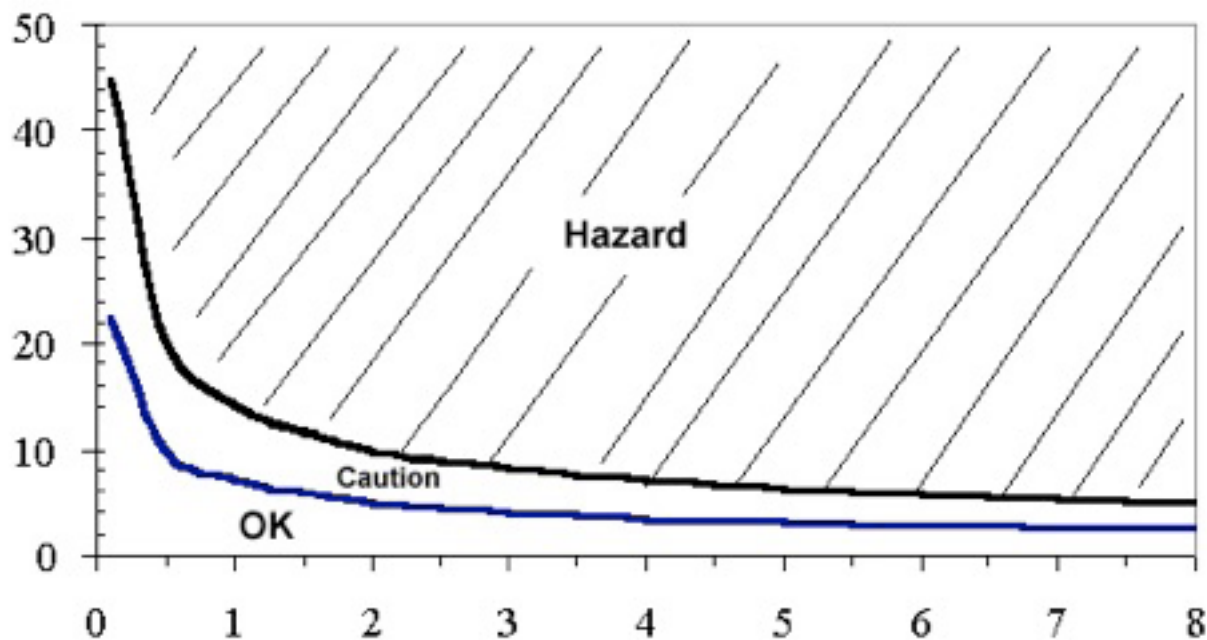
Highly Repetitive Motion		Comments/Observations	
Using the same motion with little or no variation every few seconds (excluding keying activities).			
	14. Highly repetitive motion with forceful exertions with the hands and wrist bending / movement more than 2 hours today per day.	<input type="checkbox"/>	
	15. Highly repetitive motions alone (no other risk factors) more than 6 hours total per day.	<input type="checkbox"/>	
Intensive keying.			
	16. Intensive keying with wrist movement more than 4 hours total per day.	<input type="checkbox"/>	
	17. Intensive keying alone (no other risk factors) more than 7 hours total per day.	<input type="checkbox"/>	
Highly Repetitive Motion		Comments/Observations	
	18. Using the hand (heel/base of palm) as a hammer more than once per minute more than 2 hours total per day.	<input type="checkbox"/>	
	19. Using the knee as a hammer more than once per minute more than 2 hours total per day.	<input type="checkbox"/>	

Highly Repetitive Motion

1. Find the vibration value for the tool. (Get it from the manufacturer look it up at this website <http://umetech.niwl.se/Vibration/action.lasso?-database=HAVbase.fp3&-layout=Normal&-response=HAVSearch.html&-show> On the graph below mark the point on the left side shown as Vibration value.
2. Find out how many total hours per day the employee is using the tool and mark that point on the bottom of the chart below.
3. Trace a line into the graph from each of these two points until they cross.

Vibration
m/s²

Duration
Hrs.



4. Interpretation

- a. If that point lies in the crosshatched "Hazard" area above the upper curve, then the vibration hazard must be reduced below the hazard level or to the degree technologically and economically feasible.
- b. If the point lies between the two curves in the "Caution" area, then the job remains as a "Caution Zone Job."
- c. If the point falls in the "OK" area below the bottom curve, then no further steps are required.

Note: The caution limit curve (bottom) is based on an 8-hour energy-equivalent frequency-weighted acceleration value of 2.5 m/s². The hazard limit curve (top) is based on an 8-hour energy-equivalent frequency-weighted acceleration value of 5 m/s².