



# ERGONOMICS

Hazard		Satisfactory	Needs Attention	Not Applicable	Target Date for Completion	Date Completed
		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
1	Can the work be performed without excessive glare?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
2	Does the work require working with the arms raised above shoulder height?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
3	Is the neck bent forward (flexion) or backwards (extension) to view the task?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
4	Are there pressure points on any parts of the body (wrists, forearms, front or back of thighs)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
5	Can the work be done using the larger muscles of the body?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
6	Can the work be done without twisting or bending forward at the waist?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
7	Are there sufficient opportunities for microbreaks, in addition to the regular rest breaks, to relieve stress from repetitive tasks or from working in the same position for long periods of time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
8	Are tools, instruments, and machinery shaped, positioned, and handled so that tasks can be performed in a neutral posture?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
9	Are all pieces of furniture adjusted, positioned, and arranged to minimize strain on all parts of the body?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
10	Does the task require working with the wrists bent up, down, or to either side?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
11	Is work or lifting/lowering performed above shoulder level?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
12	Is work or lifting/lowering performed below knee level?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
13	Does the worker have control over the pace of their work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
14	Is there exposure to hand-arm vibration from using powered hand tools?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
15	Is there exposure to whole-body vibration during the operation of forklifts, heavy equipment, pavement breakers, etc., or by standing next to vibrating or high impact machines?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
16	Does the task require excessive pinching or gripping of parts or tools?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
17	Is the work performed in extreme temperatures >90°F or <60°F?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
18	Does personal protective equipment or gear restrict movement or force the worker into awkward postures?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
19	Does the work require reaching behind, overhead, or across the body?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
20		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
21		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
22		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
23		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
24		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		

\_\_\_\_\_ Name

\_\_\_\_\_ Date

## Actions Taken to Correct Items Checked as "Needs Attention"

Hazard #	
Hazard #	
Hazard #	
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e22201 (Rev. 06-15)