

Level I - Ergonomics Assessment for Maintenance, Warehouse, and Service Work Areas

Part II - Checklist, Hand/Wrist/Arm

Job Factors

For each Job Factor, select the appropriate Job Factor Frequency score in the appropriate Task Frequency column using the following guidelines:

Frequently (F): Job Factor occurs more than 50% of the task time

Sometimes (S): Job Factor occurs for 10-50% of the task time

Infrequently/Never (N): Job Factor occurs less than 10% of the task time or does not apply

Critical Tasks

Job Factor	Task Name:	Task Name:	Task Name:	Comments			
	Task Frequency		Task Frequency		Task Frequency		
	Moderate 10-50%	High 51-100%	Moderate 10-50%		High 51-100%	Moderate 10-50%	High 51-100%
 2.1 Bent wrists (>10 degrees in any direction)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 2.2 Repeated hand, wrist, or arm movements (includes forearm rotation) (e.g., scanning groceries, washing dishes)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 2.3 Repeated finger movements (e.g., repetitive keying tasks, operating buttons on hand-held scanners)	F S N 1 1 0	F S N 3 1 0	F S N 1 1 0	F S N 3 1 0	F S N 1 1 0	F S N 3 1 0	
 2.4 Hyperextension of thumb/finger (e.g., using pliers with a wide handle span; using a small input device)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 2.5 Hand forces; fingertip force >2 lbs. (.9 kg.) (e.g., 2 lbs. is roughly equal to holding fingernail clippers closed) or full hand force >8 lbs. (3.6 kg.) (e.g., 8 lbs. is roughly equal to holding a gallon of milk)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 2.6 Hard edges (e.g., tool handle or work area presses into fingers or hand, holding box by cut-out handles or strapping)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 2.7 Exposure to hand-transmitted vibration, impact forces, or torque (e.g., using a nail gun)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 2.8 Hands/fingers exposed to cold temperatures (e.g., working outside in winter environment, working in freezers, meatpacking)	F S N 1 0 0	F S N 2 1 0	F S N 1 0 0	F S N 2 1 0	F S N 1 0 0	F S N 2 1 0	
Task Scores = (column total)							

Level I - Ergonomics Assessment for Maintenance, Warehouse, and Service Work Areas

Part II - Checklist, Legs/Feet

Job Factors

For each Job Factor, select the appropriate Job Factor Frequency score in the appropriate Task Frequency column using the following guidelines:

Frequently (F): Job Factor occurs more than 50% of the task time

Sometimes (S): Job Factor occurs for 10-50% of the task time

Infrequently/Never (N): Job Factor occurs less than 10% of the task time or does not apply

Critical Tasks

Job Factor	Task Name:		Task Name:		Task Name:		Comments
	Task Frequency		Task Frequency		Task Frequency		
	Moderate 10-50%	High 51-100%	Moderate 10-50%	High 51-100%	Moderate 10-50%	High 51-100%	
 4.1 Standing in a fixed position (especially on hard floor surface)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 4.2 Exposure to hard edges or surfaces (e.g., edge of chair presses into back of leg, task requires leaning against the hard edge of a table)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 4.3 Awkward leg postures (e.g. kneeling, squatting crawling, etc.)	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	F S N 1 1 0	F S N 4 1 0	
 4.4 Use of foot pedal while standing	F S N 1 1 0	F S N 2 1 0	F S N 1 1 0	F S N 2 1 0	F S N 1 1 0	F S N 2 1 0	
Task Scores = (column total)							

Level I - Ergonomics Assessment for Maintenance, Warehouse, and Service Work Areas

Part II - Checklist, Head/Eyes

Job Factors

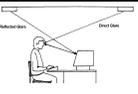
For each Job Factor, select the appropriate Job Factor Frequency score in the appropriate Task Frequency column using the following guidelines:

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Critical Tasks

Job Factor	Task Name:	Task Name:	Task Name:	Comments			
	Task Frequency		Task Frequency		Task Frequency		
	Moderate 10-50%	High 51-100%	Moderate 10-50%		High 51-100%	Moderate 10-50%	High 51-100%
 <p>5.1 Light levels are too high or too low (difficult to see)</p>	F S N 1 1 0	F S N 2 1 0	F S N 1 1 0	F S N 2 1 0	F S N 1 1 0	F S N 2 1 0	
 <p>5.2 Task is visually demanding (e.g., requires close examination of work piece or computer screen)</p>	F S N 1 1 0	F S N 3 2 0	F S N 1 1 0	F S N 3 2 0	F S N 1 1 0	F S N 3 2 0	
 <p>5.3 Glare is present on the work surface or computer screen</p>	F S N 1 1 0	F S N 2 1 0	F S N 1 1 0	F S N 2 1 0	F S N 1 1 0	F S N 2 1 0	
Task Scores = (column total)							