



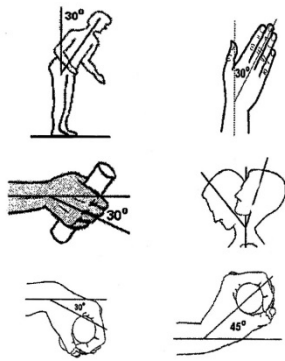
Basic Ergonomic Screening Tool

Table W-1 – Basic Screening Tool

You need only review risk factors for those areas of the body affected by the MSD incident

RISK FACTORS THIS STANDARD COVERS	PERFORMING JOB OR TASKS THAT INVOLVE:	ASSOCIATED WITH MSD INCIDENT			
		NECK SHOULDER	HAND WRIST ARM	BACK TRUNK HIP	LEG KNEE ANKLE
REPETITION	Repeating the same motions every few seconds a cycle of motions involving the affected body part more than twice per minute for more than 2 consecutive hours in a workday.				
	Using an input device, such as a keyboard and/or mouse, in a steady manner for more than 4 hours in a workday.				
FORCE	Lifting more than 75 pounds at any one time; more than 55 pounds more than 10 times per day; or more than 25 pounds below the knees, above the shoulders, or at arms' length more than 25 times per day.				
	Pushing/pulling with more than 20 pounds of initial force (e.g., equivalent to pushing a 65 pound box across a tile floor or pushing a shopping cart with five 40 pound bags of dog food) for more than 2 hours per day.				
	Pinching an unsupported object weighing 2 or more pounds per hand, or use of an equivalent pinching force (e.g., holding a small binder clip open), for more than 2 hours per day.				
	Gripping an unsupported object weighing 10 pounds or more per hand, or use of an equivalent gripping force (e.g., crushing the sides of an aluminum soda can with one hand), for more than 2 hours per day.				



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		NECK SHOULDER	HAND WRIST ARM	BACK TRUNK HIP	LEG KNEE ANKLE
AWKWARD POSTURES	Repeatedly raising or working with the hand(s) above the head or the elbow(s) above the shoulder(s) for more than 2 hours per day.				
	Kneeling or squatting for more than 2 hours per day.				
	Working with the back, neck, or wrists bent or twisted for more than 2 hours per day (see figures): 				
ESS STR ACT NT CO	Using the hand or knee as a hammer more than 10 times per hour for more than 2 hours per day.				
VIBRATION	Using vibrating tools or equipment that typically have high vibration levels (such as chainsaws, jack hammers, percussive tools, or riveting or chipping hammers) for more than 30 minutes per day.				
	Using tools or equipment that typically has moderate vibration levels (such as jig saws, grinders, or sanders) for more than 2 hours per day.				

