

# ErgoSystems Ergonomics Risk Factor Analysis

<b>STEP ONE</b>	Company:		Date:		Department/ Work Unit:	
	Prepared by:		Time:		Safety FYIs/ Injury History:	
	Job/Task Observed:		# People Affected:		Employees Observed:	

STEP TWO	Head/Neck/Eyes		Shoulders/Upper Back		Back (Mid/Low)		Arms/Elbows		Hands/Wrists/Fingers		Legs/Feet	
<b>Posture</b>												
	<input type="checkbox"/> Look down > 30° <input type="checkbox"/> Look up > 10° <input type="checkbox"/> Side bent > 15° <input type="checkbox"/> Rotated > 20°		<input type="checkbox"/> Reach above shoulder ht <input type="checkbox"/> Shrugged shoulders <input type="checkbox"/> Reach to side of body <input type="checkbox"/> Reach behind body		<input type="checkbox"/> Flexed forward >20° <input type="checkbox"/> Extended back > 20° <input type="checkbox"/> Bent sideways > 20° <input type="checkbox"/> Rotated >20°		<input type="checkbox"/> Fully extended arm <input type="checkbox"/> Rotation of wrists/ forearms, palms up/down		<input type="checkbox"/> Wrist flex/extend > 20° <input type="checkbox"/> Wrist bent to side > 15° <input type="checkbox"/> Pinch grip <input type="checkbox"/> Power grip		<input type="checkbox"/> Squatting <input type="checkbox"/> Kneeling <input type="checkbox"/> On one leg/up on toes <input type="checkbox"/> Sustained standing	
	<b>Force</b>		<b>Duration (static)</b>		<b>Frequency</b>							
0 Light: Neutral head		0 Light: < 5#		0 Light: < 10#		0 Light: < 3#		0 Light: < 2#		0 NA		
1 Mod: Head wt (HW) only		1 Mod: 5# to 10#		1 Mod: 10# to 20#		1 Mod: 3# to 8#		1 Mod: 2# to 5#		1 Mod: Body wt (BW) only		
2 Heavy: HW + up to 20#		2 Heavy: 10 # to 20#		2 Heavy: 20# to 40#		2 Heavy: 8# to 15#		2 Heavy: 5# to 10#		2 Heavy: BW + up to 40#		
3 Very Heavy: > HW + 20#		3 Very Heavy: >20#		3 Very Heavy: >40#		3 Very Heavy: >15#		3 Very Heavy: >10#		3 Very Heavy: BW + ≥ 60#		
0 Low: < 10 sec		0 Low: < 10 sec		0 Low: < 10 sec		0 Low: < 10 sec		0 Low: < 10 sec		0 Low: < 10 min		
1 Mod: 10 to 45 sec		1 Mod: 10 to 45 sec		1 Mod: 10 to 45 sec		1 Mod: 10 to 45 sec		1 Mod: 10 to 45 sec		1 Mod: 10 to 30 min		
2 High: > 45 sec		2 High: > 45 sec		2 High: > 45 sec		2 High: > 45 sec		2 High: > 45 sec		2 High: > 30 min		
0 Low: < 0.5/min		0 Low: < 0.5/min		0 Low: < 0.25/min		0 Low: < 0.5/min		0 Low: < 1/min		0 Low: < 0.5/min		
1 Mod: 0.5 to 5/min		1 Mod: 0.5 to 5/min		1 Mod: 0.25 to 3/min		1 Mod: 0.5 to 5/min		1 Mod: 1 to 5/min		1 Mod: 0.5 to 3/min		
2 High: > 5/min		2 High: > 5/min		2 High: > 3/min		2 High: > 5/min		2 High: > 5/min		2 High: > 3/min		

<b>STEP THREE</b>	<b>Score (per body part):</b> total number of checked boxes for <b>Posture</b> plus sum of numbers circled for <b>Force</b> , <b>Duration</b> and <b>Frequency</b> <b>Risk (per body part) :</b> for each body part circle the risk level depending on the total points for that body part: <span style="color: green;">Low</span> : 0 to 1, <span style="color: orange;">Mod</span> : 2 to 3, <span style="color: red;">High</span> > 4
<b>Score</b>	____ <span style="background-color: green; color: white; padding: 2px;">L</span> <span style="background-color: orange; color: white; padding: 2px;">M</span> <span style="background-color: red; color: white; padding: 2px;">H</span> ____ <span style="background-color: green; color: white; padding: 2px;">L</span> <span style="background-color: orange; color: white; padding: 2px;">M</span> <span style="background-color: red; color: white; padding: 2px;">H</span> ____ <span style="background-color: green; color: white; padding: 2px;">L</span> <span style="background-color: orange; color: white; padding: 2px;">M</span> <span style="background-color: red; color: white; padding: 2px;">H</span> ____ <span style="background-color: green; color: white; padding: 2px;">L</span> <span style="background-color: orange; color: white; padding: 2px;">M</span> <span style="background-color: red; color: white; padding: 2px;">H</span> ____ <span style="background-color: green; color: white; padding: 2px;">L</span> <span style="background-color: orange; color: white; padding: 2px;">M</span> <span style="background-color: red; color: white; padding: 2px;">H</span> ____ <span style="background-color: green; color: white; padding: 2px;">L</span> <span style="background-color: orange; color: white; padding: 2px;">M</span> <span style="background-color: red; color: white; padding: 2px;">H</span>

