

CHECKLIST FOR ERGONOMOCIS RISK ASSESSMENT

Working posture

This checklist can be used to help you assess and manage ergonomic risk related to awkward working positions in the planning and preparation of jobs.

Unacceptable

Requires further assessment

Acceptable

SHOULDER AND ARM Work above shoulder height Range > 50 cm	> 1 hour during a working day	
	30 min-1 hour during a working day	
	< 30 min during a working day	
NECK Forward bending (> 30°) Side bending (> 10°) Twisted (> 30°)	> 2 hrs during a working day	
	1-2 hrs during a working day	
	< 1 hour during a working day	
NECK Backward bending neck (> 10°)	> 30 min during a working day	
	5-30 min during a working day	
	< 5 min during a working day	
BACK Moderately forward bending (20-45°) and side bending (10-30°)	> 2 hrs during a working day	
	1-2 hrs during a working day	
	< 1 hour during a working day	
BACK Strongly forward bending (> 45°) and side bending (> 30°), twisted (> 30°) or backward bending	> 1 hour during a working day	
	30 min-1 hour during a working day	
	< 30 min during a working day	
LEGS Squatting / Kneeling	30 min continuously OR more than 3 hrs during a working day	
	Periodically	
	Little and in short periods	
HORIZONTAL WORK	30 min continuously OR more than 3 hrs during a working day	
	Periodically	
	Little and in short periods	
STATIC AND REPETITIVE WORK	Static: < 30 sec pause for every 10 min of work	Repetitive: ca. 20 times/min
	Static: 30-90 sec pause for every 10 min of work	Repetitive: ca. 11-20 times/min
	Static: > 90 sec pause for every 10 min of work	Repetitive: ca. 10 times/min