

Hazard Zone Jobs Checklist

For each "caution zone job" find any physical risk factors that apply. If a hazard exists, it must be reduced below the hazard level or to the degree technologically and economically feasible.

<p>Movements or postures that are a regular and foreseeable part of the job, occurring more than one day per week, and more frequently than one week per year.</p>	<p>Hazard Exists</p> 	<p>Job Position Evaluated:</p> <p>Date:</p>	<p># of employees in these jobs?</p>
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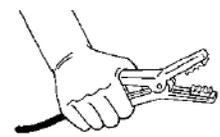
AWKWARD POSTURE		COMMENTS / OBSERVATIONS	
	<p>1. Working with the hand(s) above the head, or the elbows above the shoulders</p>	<p>More than 4 hours total / day <input type="checkbox"/></p>	
	<p>2. Repeatedly raising the hand(s) above the head, or the elbow(s) above the shoulder(s) more than once per minute</p>	<p>More than 4 hours total / day <input type="checkbox"/></p>	
	<p>3. Working with the neck bent more than 45° (without support or the ability to vary posture)</p>	<p>More than 4 hours total / day <input type="checkbox"/></p>	
	<p>4. Working with the back bent forward more than 30° (without support or the ability to vary posture)</p>	<p>More than 4 hours total / day <input type="checkbox"/></p>	
	<p>5. Working with the back bent forward more than 45° (without support or the ability to vary posture)</p>	<p>More than 2 hours total / day <input type="checkbox"/></p>	
	<p>6. Squatting</p>	<p>More than 4 hours total / day <input type="checkbox"/></p>	
	<p>7. Kneeling</p>	<p>More than 4 hours total / day <input type="checkbox"/></p>	

HIGH HAND FORCE	COMMENTS / OBSERVATIONS
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Pinching an unsupported object(s) weighing 2 lbs. or more per hand, or pinching with a force of 4 lbs. or more per hand (comparable to pinching a half a ream of paper)

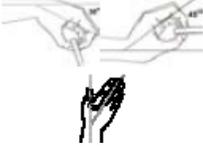
	+ 8. Highly Repetitive Motion	+ More than 3 hours total / day	<input style="width: 50px; height: 20px;" type="checkbox"/>	
	+ 9.	+ More than 3 hours total / day	<input style="width: 50px; height: 20px;" type="checkbox"/>	
	+ 10. No other risk factors	+ More than 4 hours total / day	<input style="width: 50px; height: 20px;" type="checkbox"/>	

Gripping an unsupported object(s) weighing 10 lbs. or more per hand, or gripping with a force of 10 lbs. or more per hand (comparable to clamping light duty automotive jumper cables onto a battery)

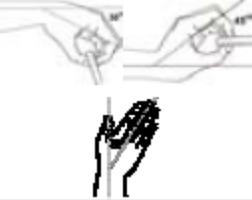
	+ 11. Highly Repetitive Motion	+ More than 3 hours total / day	<input style="width: 50px; height: 20px;" type="checkbox"/>	
	+ 12.	+ More than 3 hours total / day	<input style="width: 50px; height: 20px;" type="checkbox"/>	
	+ 13. No other risk factors	+ More than 4 hours total / day	<input style="width: 50px; height: 20px;" type="checkbox"/>	

HIGHLY REPETITIVE MOTION	COMMENTS / OBSERVATIONS
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Using the same motion with little or no variation every few seconds (excluding keying activities)

	+ 	+	More than 2 hours total / day	<input style="width: 40px; height: 20px;" type="checkbox"/>	
<p>14. + Forceful exertions with the hand(s)</p>					
	+	+	More than 6 hours total / day	<input style="width: 40px; height: 20px;" type="checkbox"/>	
<p>15. No other risk factors</p>					

Intensive Keying	
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	+ 	+	More than 4 hours total / day	<input style="width: 40px; height: 20px;" type="checkbox"/>	
<p>16.</p>					
	+	+	More than 7 hours total / day	<input style="width: 40px; height: 20px;" type="checkbox"/>	
<p>17. No other risk factors</p>					

REPEATED IMPACT	COMMENTS / OBSERVATIONS
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	+	+	More than 2 hours total / day	<input style="width: 40px; height: 20px;" type="checkbox"/>	
<p>18. Using the hand (heel/base of palm) as a hammer more than once per minute</p>					
	+	+	More than 2 hours total / day	<input style="width: 40px; height: 20px;" type="checkbox"/>	
<p>19. Using the knee as a hammer more than once per minute</p>					