

Department: _____ Job: _____

Key Tasks: _____

Neck/Upper Back

Force Posture Repetition

- 1. **Very Light** Relaxed effort, no load, neutral posture
- 2. **Light** Noticeable effort, < 1 lb.
- 3. **Moderate** Obvious effort, 1-2 lb. load on head/neck
- 4. **Hard** Substantial effort, 3-5 lb. load on head/neck
- 5. **Very Hard** Maximal effort, > 5 lb. load on head/neck

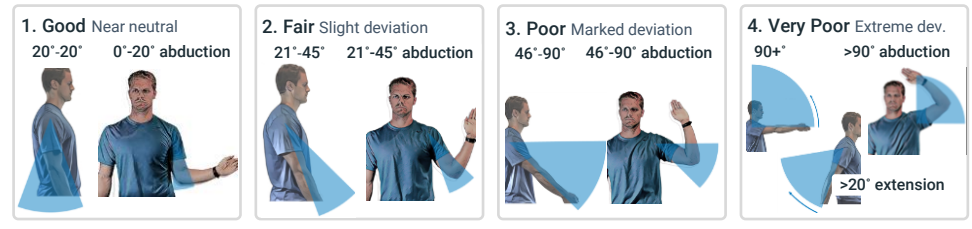


- 1. **Very Low** < 1 rep / 5 minutes
- 2. **Low** < 1 rep / minute
- 3. **Moderate** 2-3 rep / minute
- 4. **High** 4-5 reps / minute or sustained 5-10 secs
- 5. **Very High** > 5 reps / minute or sustained > 10 secs

Upper Arm/Shoulder

Force L R Posture L R Repetition L R

- 1. **Very Light** Relaxed effort, no load, neutral posture
- 2. **Light** Noticeable effort, < 5 lb. unilateral load
- 3. **Moderate** Obvious effort, > 5 lb. unilateral load
- 4. **Hard** Substantial effort, > 10 lb. unilateral load
- 5. **Very Hard** Maximal effort, > 15 lb. unilateral load



- 1. **Very Low** < 1 rep / 5 minutes
- 2. **Low** < 1 rep / minute
- 3. **Moderate** 2-3 reps / minute
- 4. **High** 4-5 reps / minute or sustained 5-10 secs
- 5. **Very High** > 5 reps / minute or sustained > 10 secs

Forearm/Elbow

Force L R Posture L R Repetition L R

- 1. **Very Light** Relaxed effort, no load, neutral posture
- 2. **Light** Noticeable effort, < 5 lb. unilateral load
- 3. **Moderate** Obvious effort, > 5 lb. unilateral load
- 4. **Hard** Substantial effort, > 10 lb. unilateral load
- 5. **Very Hard** Maximal effort, > 15 lb. unilateral load

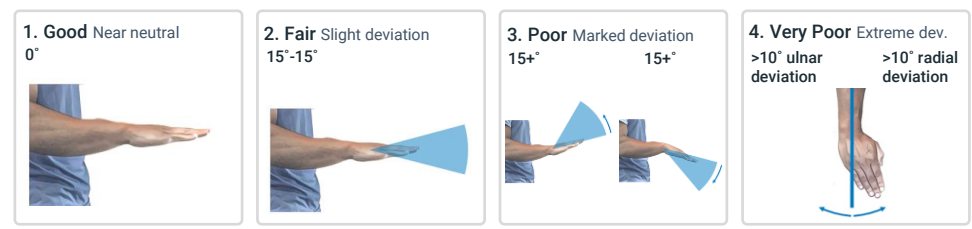


- 1. **Very Low** < 1 rep / 5 minutes
- 2. **Low** < 1 rep / minute
- 3. **Moderate** 2-3 reps / minute
- 4. **High** 4-5 reps / minute or sustained 5-10 secs
- 5. **Very High** > 5 reps / minute or sustained > 10 secs

Wrist/Fingers

Force L R Posture L R Repetition L R

- 1. **Very Light** Relaxed effort, no sign. force, neutral posture
- 2. **Light** Noticeable effort, <1 lb. pinch or <5 lb. power grip
- 3. **Moderate** Obvious effort, 2-3 lb. pinch or 5-10 lb. power grip
- 4. **Hard** Substantial effort, 4-5 lb. pinch or 10-15 lb. power grip
- 5. **Very Hard** Maximal effort, >5 lb. pinch or >15 lbs. power grip



- 1. **Very Low** < 4 reps/minute
- 2. **Low** < 4-8 reps/minute, no sustained pinch or grip
- 3. **Moderate** 9-14 reps/minute or sustained < 5 secs
- 4. **High** 15-19 reps/minute or sustained 6-10 secs
- 5. **Very High** > 20 reps/minute or sustained > 10 secs

Trunk/Lower Back

<p>Force <input type="checkbox"/></p> <ol style="list-style-type: none"> 1. Very Light Relaxed effort, no load, neutral posture 2. Light Noticeable effort, < 10 lb. load 3. Moderate Obvious effort, 10-25 lb. load 4. Hard Substantial effort, 26-40 lb. load 5. Very Hard Maximal effort, > 41 lb. load 	<p>Posture <input type="checkbox"/></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 22%;"> <p>1. Good Near neutral 0°</p>  </div> <div style="width: 22%;"> <p>2. Fair Slight deviation 0°-20°</p>  </div> <div style="width: 22%;"> <p>3. Poor Marked deviation 20°-60° 0°-20° in extension</p>  </div> <div style="width: 22%;"> <p>4. Very Poor Extreme dev. >20° ext >60°</p>  </div> </div>	<p>Repetition <input type="checkbox"/></p> <ol style="list-style-type: none"> 1. Very Low < 1 rep / 5 minutes 2. Low < 1 rep / minute 3. Moderate 2-3 rep / minute 4. High 4-5 reps / minute or sustained 5-10 secs 5. Very High > 5 reps / minute or sustained > 10 secs
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Legs

<p>Force <input type="checkbox"/></p> <ol style="list-style-type: none"> 1. Very Light Relaxed effort, no load 2. Light Noticeable effort, < 5 lb. foot pedal activation load 3. Moderate Obvious effort, 6-10 lb. foot pedal activation load 4. Hard Substantial effort, 11-15 lb. foot pedal activation load 5. Very Hard Maximal effort, > 15 lb. foot pedal activation load 	<p>Posture <input type="checkbox"/></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 22%;"> <p>1. Good Near neutral both legs down</p>  </div> <div style="width: 22%;"> <p>2. Fair Slight deviation 30°-60°</p>  </div> <div style="width: 22%;"> <p>3. Poor Marked deviation one leg raised</p>  </div> <div style="width: 22%;"> <p>4. Very Poor Extreme dev. 60+°</p> <p>deep squatting, kneeling, or crawling</p>  </div> </div>	<p>Repetition <input type="checkbox"/></p> <ol style="list-style-type: none"> 1. Very Low < 1 rep / 5 minutes 2. Low < 1 rep / minute 3. Moderate 2-3 rep / minute 4. High 4-5 reps / minute or sustained 5-10 secs 5. Very High > 5 reps / minute or sustained > 10 secs
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Hand-Arm Vibration

- Nominal
- Moderate
- High

Contact Stress

- Nominal
- Moderate
- High

Impact Stress

- Nominal
- Moderate
- High

Exposure Duration

- < 2 hours per day
- 2-4 hours per day
- 4-8 hours per day
- > 8 hours per day

Difficult Tasks:

