

Department: _____ Job: _____ Task: _____

Upper Arm Position



Upper Arm Adjustment



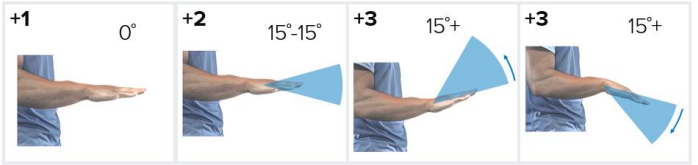
Lower Arm Position



Lower Arm Adjustment

Is either arm working across midline or out to the side of the body?
 Yes No

Wrist Position



Wrist Adjustment

Is wrist bent from midline?
 Yes No

Wrist Twist

Is wrist twisted in mid-range? Yes No
 Is wrist at or near end of range? Yes No

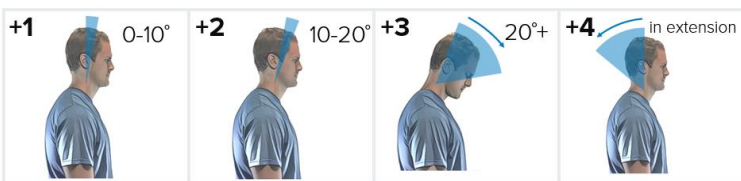
Muscle Use

Posture is mainly static (held < 1 minute) or action repeatedly occurs (4x per minute) Yes No

Force/Load

< 4.4 lbs. (intermittent) 4.4 to 22 lbs. (static or repeated)
 4.4 to 22 lbs. (intermittent) > 22 lbs. or repeated or shocks

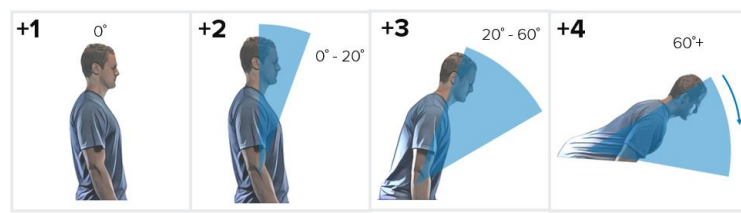
Neck Position



Neck Adjustment



Trunk Position



Trunk Adjustment



Legs

Legs and feet are supported Legs and feet are not supported

Muscle Use

Posture is mainly static (held < 1 minute) or action repeatedly occurs (4x per minute) Yes No

Force/Load

< 4.4 lbs. (intermittent) 4.4 to 22 lbs. (static or repeated)
 4.4 to 22 lbs. (intermittent) > 22 lbs. or repeated or shocks