

## MSD RISK ANALYSIS CHECKLIST

Job \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

code...      R = repetitive      S = sustained      F = forceful      A = awkward      X = present

- \_\_\_ Sustained static standing      \_\_\_ Standing on cement, metal, vibrating surface
- \_\_\_ Standing mostly on one leg (e.g.. foot switch operation)
- \_\_\_ Sustained neck posture: prolonged, \_\_\_ awkward \_\_\_\_\_
- \_\_\_ Sustained low back posture bent, twisted, awkward \_\_\_\_\_
- \_\_\_ Kneeling or squatting
- \_\_\_ Prolonged sitting
- \_\_\_ Poor chair design or \_\_\_ Improper adjustment \_\_\_\_\_
  
- \_\_\_ Forward head posture; rounded-shoulders; slouching habits
- \_\_\_ Lack of upper extremity weight bearing support on work surface
- \_\_\_ Keyboard, mouse or other data input (prolonged) \_\_\_\_\_
- \_\_\_ Shoulder elevation: high, far, repeated, sustained, or with load \_\_\_\_\_
- \_\_\_ Elbows bent more > 90 degrees: sustained, repeated or loaded
- \_\_\_ Forearm supinated: sustained, repeated, extreme or loaded
- \_\_\_ Loading-lifting across wrist: sustained, repeated, heavy (tennis elbow loads) \_\_\_\_\_
- \_\_\_ Wrist flexion or deviation: sustained, repeated, extreme or loaded
- \_\_\_ Gripping \_\_\_\_\_
- \_\_\_ Pinching \_\_\_\_\_
- \_\_\_ Combining thumb pinch with wrist deviation
- \_\_\_ Vibration or \_\_\_ Contact stress (pounding with hand or knee) \_\_\_\_\_
- \_\_\_ Repeating same motion every few seconds, or cycle of motions  
    Describe \_\_\_\_\_
- \_\_\_ Improper tool selection and-or use \_\_\_\_\_  
\_\_\_\_\_

Materials handling loads (lift-push-pull-carry) that are:..

- \_\_\_ Heavy.. wt = \_\_\_\_\_ ave. and \_\_\_\_\_ max.
- \_\_\_ Frequent. frequency of lifts = \_\_\_\_\_ per hr; or \_\_\_\_\_ per day      \_\_\_ prolonged periods lifting
- \_\_\_ High or Low.. low ht = \_\_\_\_\_ high ht = \_\_\_\_\_
- \_\_\_ Long arc twisted. degrees twisted = \_\_\_\_\_
- \_\_\_ Lifting/carrying across obstructions \_\_\_\_\_
- \_\_\_ With difficult grip or \_\_\_ cumbersome shape \_\_\_\_\_
- \_\_\_ Workers using unsafe lifting techniques \_\_\_\_\_
- \_\_\_ Pushing or pulling \_\_\_\_\_
  
- \_\_\_ Minimal variety of activity, posture, movement patterns, tasks

Demographics (age, sex, longevity-turnover) \_\_\_\_\_  
\_\_\_\_\_

Production demands \_\_\_\_\_

Training \_\_\_\_\_

Other issues \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Examiner \_\_\_\_\_

Date \_\_\_\_\_