



INDUSTRIAL WORKSTATION ERGONOMIC REVIEW

Employee Name: _____	Badge #: _____
Date: _____	Symptoms: _____
Locations: _____	Extension: _____
Supervisor: _____	Badge #: _____
Evaluator Name: _____	Badge #: _____
Review ID: _____	

SHOULDER RISK FACTORS	YES	NO	N/A	FREQ.	NOTES	CORRECTED?
High force exerted						
Shoulders raised and hunched						
Shoulders pushed up						
Extended forward or side reach <i>without</i> force or exertion						
Extended forward or side reach <i>with</i> force or exertion						
Extended overhead reach						
One arm extended across body						
Hyperextension of the shoulder (reaching back)						
FOREARM RISK FACTORS						
FOREARM RISK FACTORS	YES	NO	N/A	FREQ.	NOTES	CORRECTED?
High force exerted						
Forearm rotation						
Wide grip						

Wrist extension and rotation						
Outward rotation of the elbow						
Elbow behind mid-torso during work						
Leading a motion from the elbow						
Work with hands more than three inches below elbow height						
WRIST RISK FACTORS						
	YES	NO	N/A	FREQ.	NOTES	CORRECTED?
High force exerted						
Excessive wrist angles (flexion and extension)						
Rotation						
Wide grips						
Narrow grips						
Pinch grips						
Shoulder extension						
Gloves (list types)						
Pressure on the hand/wrist						

GRIP RISK FACTORS						
	YES	NO	N/A	FREQ.	NOTES	CORRECTED?
High force exerted						

Frequency >30 times per minute with light force						
Force exerted at the fingertips						
Pinch grip						
LOW BACK RISK FACTORS (POSTURE)						
	YES	NO	N/A	FREQ.	NOTES	CORRECTED?
Bending (forward or backward)						
Leaning to one side						
Twisting						
Hyper extending (arching back)						
Crouching (uneven support of body without exerting force)						
Crouching (uneven support of body while exerting force)						
Standing with weight on one leg						
Operating a foot pedal						
Sitting, leaning forward unsupported						
Extended reaches						
Constant standing in one location						
Constant sitting						
LOW BACK RISK FACTORS (MATERIAL HANDLING)						
	YES	NO	N/A	FREQ.	NOTES	CORRECTED?
Handling a load or exerting a force more than 14" in front of						

body						
Lifting while sitting						
Handling shifting loads						
Handling materials below the knees						
One-sided carrying						
Lifting with sudden acceleration						
Lifting above the shoulders						
Lifting while standing on slippery or uneven surface						
Lifting more than 50 pounds at any one time						
OTHER RISK FACTORS (WORKPLACE CONDITIONS)						
	YES	NO	N/A	FREQ.	NOTES	CORRECTED?
Slippery floors						
Cold air flow in work area						
Slippery surfaces						
Uneven work surface						
Cramped work area						
Machine layout requires climbing for access or maintenance						