

# Caution Zone Checklist



**Instructions:** Use this checklist to determine if any typical job activities put employees at risk for ergonomic stress. Use a separate checklist for each type of job position. These are movements or postures that are regularly required to complete a job and are **performed more than once per week for more than one week per year more than two hours per day.**

Job Position evaluated: \_\_\_\_\_ No. of employees: \_\_\_\_\_ Date: \_\_\_\_\_

## Job Activity *(movement or posture)*

Check if applicable

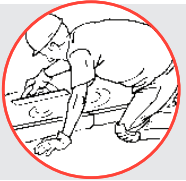
Comments



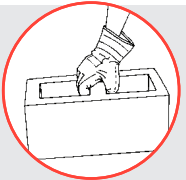
The job requires hands held overhead or elbows held above shoulders.



The job requires employee's neck or back to be bent more than 30° without support or the ability to change position.



The job requires employees to kneel or squat.



The job requires employees to pinch either:

- An unsupported object weighing 2+ lbs per hand.
- A supported object with a force of 4+ lbs per hand.



The job requires employees to grip either:

- An unsupported object weighing 10+ lbs per hand.
- A supported object with a force of 10+ lbs per hand.



The job requires repetitive motions of the neck, shoulders, elbows, wrists, or hands that occur every few seconds with little or no variation.



The job requires intensive keying.



The job requires use of hands (especially the hand's heel) or knees to hammer objects 10+ times per hour.