Hazard Zone Checklist

Instructions: Use this checklist to determine if any typical job activities of **caution zone jobs** may put employees at risk of hazardous levels of ergonomic stress. Use a separate checklist for each 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.**

Job Position evaluated: _____ *No. of employees:* _____ *Date:* _____

Awkward Postures

		Check if applicable	*Comments*
	The job requires hands held overhead or elbows held above shoulders. **4+ hours/day**	☐	
	The job requires employees to repeatedly raise hands overhead or elbows above shoulders more than once per minute. **4+ hours/day**	☐	
	The job requires the employee's neck to be bent more than 45° without support or the ability to change position. **4+ hours/day**	☐	
	The job requires the employee's back to be bent forward more than 30° without support or the ability to change position. **4+ hours/day**	☐	
	The job requires the employee's back to be bent forward more than 45° without support or the ability to change position. **4+ hours/day**	☐	
	The job requires employees to kneel or squat. **4+ hours/day**	☐	

Pinching

		Check if applicable	*Comments*
	The job requires employees to pinch either: • An unsupported object weighing 2+ lbs per hand. • An object with a force of 4+ lbs per hand. **2+ hours/day**	☐	

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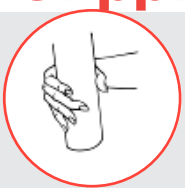
Pinching *(continued)*

	Check if applicable	*Comments*
 The job requires employees to hold objects in a pinch grip for use in highly repetitive motions. **3+ hours/day**	☐	
 The job requires employees to hold objects in a pinch grip at awkward wrist angles *(fig.1 page 3)*. **4+ hours/day**	☐	
 The job requires the employee's neck to be bent more than 45° without support or the ability to change position. **4+ hours/day**	☐	

Gripping

	Check if applicable	*Comments*
 The job requires employees to pinch either: • An unsupported object weighing 10+ lbs per hand. • An object with a force of 10+ lbs per hand. **2+ hours/day**	☐	
 The job requires employees to hold objects in a grip for use in highly repetitive motions. **3+ hours/day**	☐	
 The job requires employees to hold objects in a grip at awkward wrist angles *(fig.1 page 3)*. **4+ hours/day**	☐	
 The job requires employees to maintain a grip with no other risk factors. **4+ hours/day**	☐	

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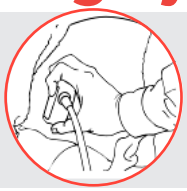
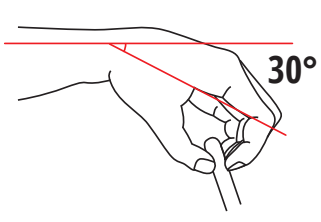
Highly Repetitive Motion

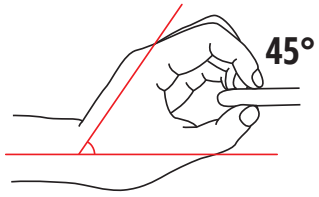
	Check if applicable	*Comments*
 The job requires repetitive motions of the neck, shoulders, elbows, wrists, or hands that occur every few seconds. (fig.1 below) **2+ hours/day**	☐	
 The job requires employees to perform repetitive motions with no other risk factors. **3+ hours/day**	☐	
 The job requires intensive keying at awkward wrist angles *(fig. 1 below)*. **4+ hours/day**	☐	
 The job requires intensive keying with no other risk factors. **7+ hours/day**	☐	

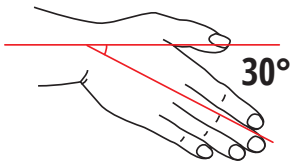
Repeated Impact

	Check if applicable	*Comments*
 The job requires employees to pinch either: • An unsupported object weighing 10+ lbs per hand. • An object with a force of 10+ lbs per hand. **2+ hours/day**	☐	
 The job requires employees to hold objects in a grip for use in highly repetitive motions. **3+ hours/day**	☐	

Figure 1 - Awkward Wrist Angles







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Hand-Arm Vibration Calculator

Check if applicable | *Comments*

Follow these steps to calculate the effects of hand-arm vibrations based on the tools in use and total time spent using them. **See chart for time limits** ☐

1. Find the tool's vibration value in m/s^2 (available from the manufacturer or by using a vibration meter).
2. Enter the total time per day the tool is used by employees.

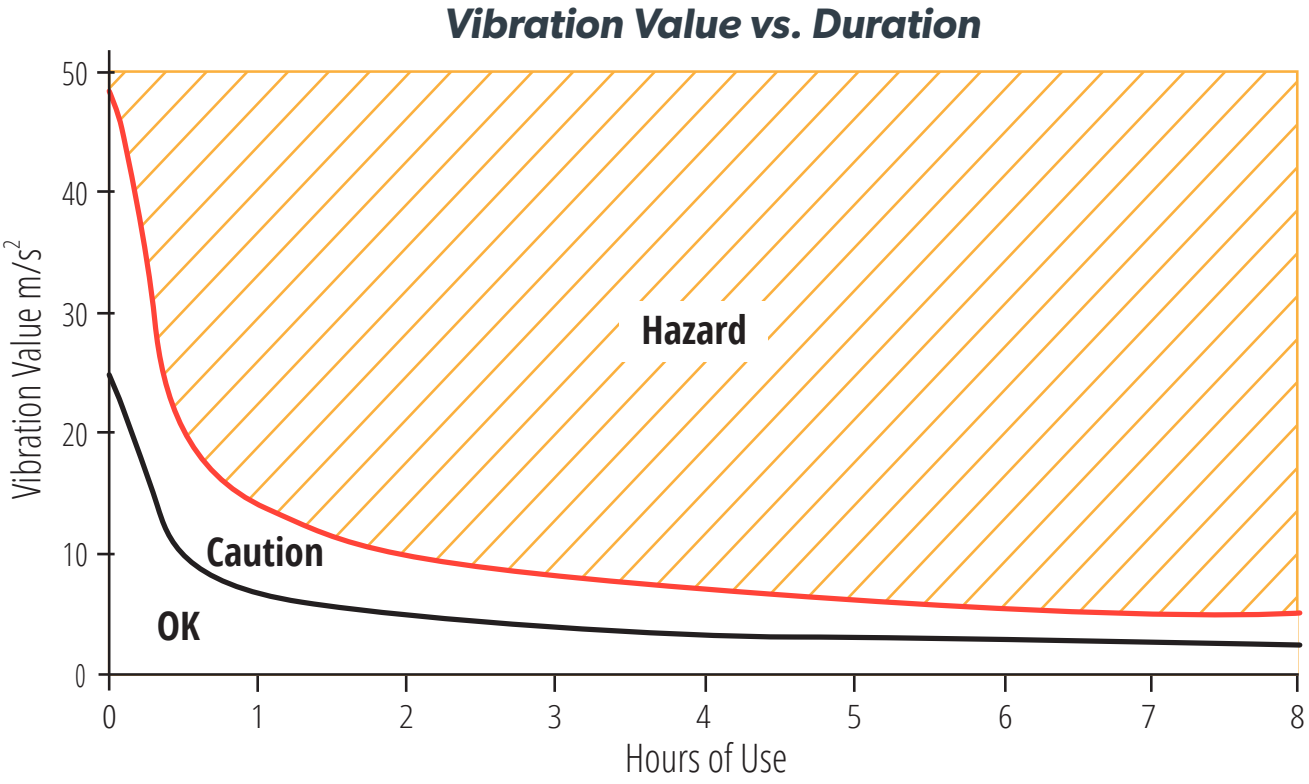
Vibration Value: _____ m/s^2

Duration: _____ hours/day

3. On the chart below, plot the intersection of the vibration value and the total hours spent using the tool.

If the point of intersection falls in:

- **The "OK" range:** No further actions are required.
- **The "Caution" range:** The job remains subject to restrictions indicated on the **Caution Zone Checklist.**
- **The "Hazard" range:** Take actions to reduce the vibration hazard below this range or to the degree most technologically and economically feasible.



The **caution curve** is based on an 8-hour energy-equivalent frequency-weighted value of 2.5 m/s^2.
The **hazard curve** is based on an 8-hour energy-equivalent frequency-weighted value of 5 m/s^2.