

Body Part	Motion	Extreme Posture	Velocity (please see instructions)	Repetition Rate (#/hr) #Motions or Exertions	Total Task Duration	Force (please see instructions)	Sub Score	Score = *Psyc. Soc. (mult) Subscore	Trigger	Score / Trigger	Priority Rank
Forearm / Elbow	Pronation / Supination	Neutral (0)	Static (1)		< 1 Hr (0)	Forceful Exertion			5		
		Partial (1)	Slow (0)		1 - 4 Hrs (1)	< 15% MVE (0)					
		Fully (2)	Moderate (1)		> 4 Hrs (2)	> 15% MVE (1)					
	Flexion / Extension	Neutral (0)	Static (1)	< 120 (0)	< 1 Hr (0)	Forceful Exertion			6		
		Partial (1)	Slow (0)	120 - 180 (1)	1 - 4 Hrs (1)	< 15% MVE (0)					
		Fully (2)	Moderate (1)	> 180 (2)	> 4 Hrs (2)	> 15% MVE (1)					
Wrist	Flexion / Extension	Neutral (0)	Static (1)	< 900 (0)	< 1 Hr (0)	Forceful Exertion			6		
		Partial (1)	Slow (0)	900 - 1800 (1)	1 - 4 Hrs (1)	< 15% MVE (0)					
		<1/2 ROM	Moderate (1)	> 1800 (2)	> 4 Hrs (2)	> 15% MVE (1)					
	Ulnar / Radial Deviation	Partial w/straight fingers, or >1/2 ROM, or Biplaner (2)	Static (1)	< 900 (0)	< 1 Hr (0)	Forceful Exertion			6		
		Neutral (0)	Static (1)	< 900 (0)	< 1 Hr (0)	Forceful Exertion					
		Partial (1)	Slow (0)	900 - 1800 (1)	1 - 4 Hrs (1)	< 15% MVE (0)					
Hand Interface	Direct Pressure on Median Nerve?	>1/2 ROM, or Biplaner (2)	Moderate (1)	> 1800 (2)	> 4 Hrs (2)	> 15% MVE (1)			4		
		None (0)	< 0.5 - 2/min	(0)	< 1 Hr (0)	Forceful Exertion					
		Yes (1)	Infrequent (0.5 - 2/min.)	(1)	1 - 4 Hrs (1)	< 15% MVE (0)					
	Grasp	None (0)	Static (1)	< 900 (0)	> 4 Hrs (2)	> 15% MVE (1)			4		
		Power (1)	Dynamic (0)	900 - 1800 (1)	< 1 Hr (0)	Forceful Exertion					
		Pinch (2)		> 1800 (2)	1 - 4 Hrs (1)	< 15% MVE (0)					

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Fingers	Key Strokes	No (0)		<15,000 (0)	< 1 Hr (0)	< 15% MVE (0)						
		One Hand (1)		15,000-18,000 (1)	1 - 4 Hrs (1)	> 15% MVE (1)			4			
	Single Finger Trigger Action?	Two Hands (2)		> 18,000 (2)	> 4 Hrs (2)							
		No (0)		< 1000 (0)	< 1 Hr (0)	< 15% MVE (0)						
Neck	Flexion / Extension	Yes (1)		1000 - 2000 (1)	1 - 4 Hrs (1)	> 15% MVE (1)			3			
		Flex: < 20° (0)	Static (1)	< 120 (0)	< 1 Hr (0)							
		20 - 45° (1)	Slow (0)	120 - 180 (1)	1 - 4 Hrs (1)							
		> 45° (2)	Moderate (1)	> 180 (2)	> 4 Hrs (2)					4		
	Ext > 5°:											
	w/flexion	(1)										
	alone	(2)										
	< 45° (0)	Static (1)	< 120 (0)	< 1 Hr (0)								
	> 45° (1)	Slow (0)	120 - 180 (1)	1 - 4 Hrs (1)								
	> 45° w/other (2)	Moderate (1)	> 180 (2)	> 4 Hrs (2)					4			
	< 5° (0)	Static (1)	< 120 (0)	< 1 Hr (0)								
	> 5° (1)	Slow (0)	120 - 180 (1)	1 - 4 Hrs (1)								
	> 5° w/other (2)	Moderate (1)	> 180 (2)	> 4 Hrs (2)					4			
			Rapid (2)									
Back (Use 1991 Revised NIOSH Guideline for Lifting Tasks)	Flexion / Extension	Flex: < 20° (0)	Static (1)	< 12 (0)	< 1 Hr (0)	< 15% MVE (0)						
		20 - 45° (1)	Slow (0)	12 - 120 (1)	1 - 2 Hrs (1)	15 - 30% MVE (1)						
		> 45° (2)	Moderate (1)	> 120 (2)	> 2 Hrs (2)	> 30% MVE (2)				6		
		Ext > 5°:										
	w/flexion	(1)										
	alone	(2)										
	< 15° (0)	Static (1)	< 12 (0)	< 1 Hr (0)	< 15% MVE (0)							
	15 - 30° (1)	Slow (0)	12 - 120 (1)	1 - 2 Hrs (1)	15 - 30% MVE (1)							
	> 30° or w/other (2)	Moderate (1)	> 120 (2)	> 2 Hrs (2)	> 30% MVE (2)				6			
	< 20° (0)	Static (1)	< 12 (0)	< 1 Hr (0)	< 15% MVE (0)							
	20 - 45° (1)	Slow (0)	12 - 120 (1)	1 - 2 Hrs (1)	15 - 30% MVE (1)							
	> 45° or w/other (2)	Moderate (1)	> 120 (2)	> 2 Hrs (2)	> 30% MVE (2)				6			
	< 20° (0)	Static (1)	< 12 (0)	< 1 Hr (0)	< 15% MVE (0)							
	20 - 45° (1)	Slow (0)	12 - 120 (1)	1 - 2 Hrs (1)	15 - 30% MVE (1)							
	> 45° or w/other (2)	Moderate (1)	> 120 (2)	> 2 Hrs (2)	> 30% MVE (2)				6			

