



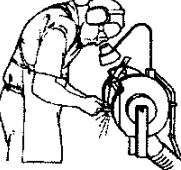
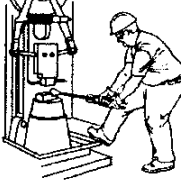
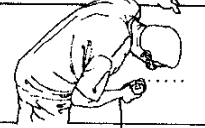


HAZARD ZONE JOBS CHECKLIST

For each "caution zone job" find any physical risk factors that apply. If a hazard exists, it must be reduced below the hazard level or to the degree technologically and economically feasible.

<p>Movements or postures that are a regular and foreseeable part of the job, occurring more than <i>one day per week</i>, and more frequently than <i>one week per year</i>.</p>	<p>Hazard Exists ✓</p>	<p>Job Position evaluated: Date:</p>	<p>No. of employees in these jobs?</p>
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Awkward Posture

Comments/Observations

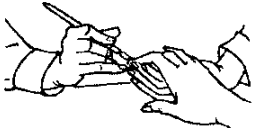
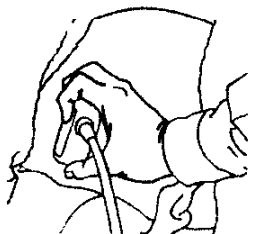

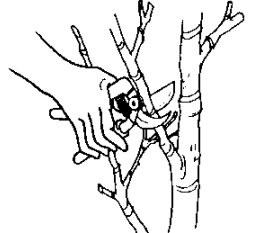
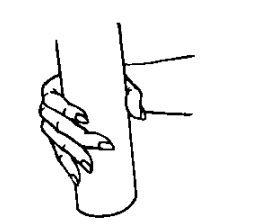
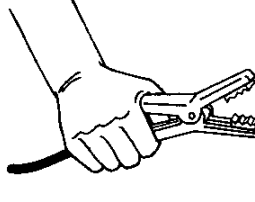
	<p>1. Working with the hand(s) above the head, or the elbows above the shoulders</p>	<p>More than 4 hours total per day</p>	<input type="checkbox"/>	
	<p>2. Repeatedly raising the hand(s) above the head, or the elbow(s) above the shoulder(s) more than once per minute</p>	<p>More than 4 hours total per day</p>	<input type="checkbox"/>	
	<p>3. Working with the neck bent more than 45° (without support or the ability to vary posture)</p>	<p>More than 4 hours total per day</p>	<input type="checkbox"/>	
	<p>4. Working with the back bent forward more than 30° (without support or the ability to vary posture)</p>	<p>More than 4 hours total per day</p>	<input type="checkbox"/>	
	<p>5. Working with the back bent forward more than 45° (without support or the ability to vary posture)</p>	<p>More than 2 hours total per day</p>	<input type="checkbox"/>	
	<p>6. Squatting</p>	<p>More than 4 hours total per day</p>	<input type="checkbox"/>	
	<p>7. Kneeling</p>	<p>More than 4 hours total per day</p>	<input type="checkbox"/>	

High Hand Force

Hazard
Exists
✓

Comments/Observations

Pinching an unsupported object(s) weighing 2 lbs or more per hand, or pinching with a force of 4 lbs or more per hand (comparable to pinching a half a ream of paper)

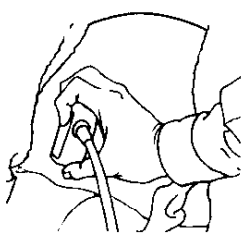
<p>8.</p> 	<p>+ Highly repetitive motion</p>	<p>+ More than 3 hours total per day</p>	<input type="checkbox"/>
<p>9.</p> 	<p>+ Highly repetitive motion</p>	<p>+ More than 3 hours total per day</p>	<input type="checkbox"/>
<p>10.</p> 	<p>No other risk factors</p>	<p>+ More than 4 hours total per day</p>	<input type="checkbox"/>
<p>Gripping an unsupported object(s) weighing 10 lbs or more per hand, or gripping with a force of 10 lbs or more per hand (comparable to clamping light duty automotive jumper cables onto a battery)</p>			
<p>11.</p> 	<p>+ Highly Repetitive motion</p>	<p>+ More than 3 hours total per day</p>	<input type="checkbox"/>
<p>12.</p> 	<p>+ Highly Repetitive motion</p>	<p>+ More than 3 hours total per day</p>	<input type="checkbox"/>
<p>13.</p> 	<p>No other risk factors</p>	<p>+ More than 4 hours total per day</p>	<input type="checkbox"/>

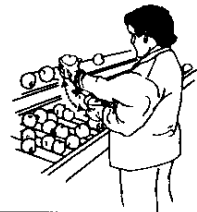
Highly Repetitive Motion

Hazard
Exists

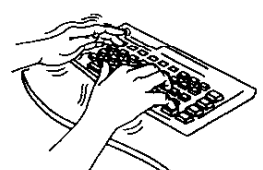
Comments/
Observations


Using the same motion with little or no variation every few seconds (excluding keying activities)

<p>14.</p> 	<p>+ More than 2 hours total per day</p> <p>+ High, forceful exertions with the hand(s)</p>	<p><input type="checkbox"/></p>
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<p>15.</p> 	<p>No other risk factors</p>	<p>+ More than 6 hours total per day</p> <p><input type="checkbox"/></p>
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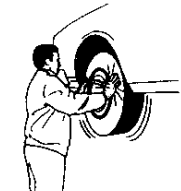
Intensive keying


<p>16.</p> 	<p>+ More than 4 hours total per day</p>	<p><input type="checkbox"/></p>
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<p>17.</p> 	<p>No other risk factors</p>	<p>+ More than 7 hours total per day</p> <p><input type="checkbox"/></p>
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Repeated Impact

Comments/
Observations

<p>18.</p> 	<p>Using the hand (heel/base of palm) as a hammer more than once per minute</p>	<p>+ More than 2 hours total per day</p> <p><input type="checkbox"/></p>
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<p>19.</p> 	<p>Using the knee as a hammer more than once per minute</p>	<p>+ More than 2 hours total per day</p> <p><input type="checkbox"/></p>
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