

**Moore-Garg Strain Index**

Task	Analyst
	Date / /

Strain Index	Find rating for each risk factor and multiply them together.	SI < 3: Safe SI between 3 and 5: Uncertain SI between 5 and 7: Some Risk SI > 7: Hazardous			
Risk Factor	Rating Criterion	Observation	Ratings	Left	Right
Intensity of Exertion [Borg Scale values in brackets]	Light	Barely noticeable or relaxed effort [0-2]	1		
	Somewhat Hard	Noticeable or definite effort [3]	3		
	Hard	Obvious effort; Unchanged expression [4-5]	6		
	Very Hard	Substantial effort; Changed expression [6-7]	9		
	Near Maximal	Uses shoulder or trunk for force [8-10]	13		
Duration of Exertion (% of Cycle)	< 10%		0.5		
	10-29%		1.0		
	30-49%		1.5		
	50-79%		2.0		
	> 80%		3.0		
Efforts Per Minute	< 4		0.5		
	4 - 8		1.0		
	9 - 14		1.5		
	15 - 19		2.0		
	> 20		3.0		
Hand/ Wrist Posture	Very Good	Perfectly Neutral	1.0		
	Good	Near Neutral	1.0		
	Fair	Non-Neutral	1.5		
	Bad	Marked Deviation	2.0		
	Very Bad	Near Extreme	3.0		
Speed of Work	Very Slow	Extremely relaxed pace	1.0		
	Slow	Taking one's own time	1.0		
	Fair	Normal speed of motion	1.0		
	Fast	Rushed, but able to keep up	1.5		
	Very Fast	Rushed and barely/unable to keep up	2.0		
Duration of Task Per Day (hours)	<1		0.25		
	1 - 2		0.50		
	2 - 4		0.75		
	4 - 8		1.00		
	> 8		1.50		