

Proactive Surveys

Proactive Surveys are used to identify risks and levels of risk before worker complaint or accident. Controls can then be administered to reduce the number of risk factors or the severity of the risk factors. Proactive Surveys can then be used to assess the effectiveness of the controls.

Quick Check Risk Factor List Instructions (ASC Z365, March 27, 1988)

The Hazard Surveillance Quick Checklist is a crude method for estimating the risk of developing CTDs from performing a specific task. Each repetitive task being performed as part of an employee's job is scored separately. If more than one repetitive task is performed the scores are additive. Employees (jobs) whose risk factors exceed a score of ten surpass the lower risk threshold and should be considered for further ergonomic study.

- If a motion such as striking a nail or turning a handle is repeated more than 15 times/min (on the average) over extended periods of time the risk should be rated under "every few seconds." If the motion is repeated more than 20 times/hr then the risk should be rated under "every few minutes." Single tasks (such as driving a nail) which are completed in less than 2 minutes but repeated several times over periods of one or more hours should be considered repetitive.
- The weight of the object should be determined if possible. Push/Pull Force is difficult to determine without a strain gauge but can be estimated by asking the worker to rate the difficulty of the task on a scale of 1-10 (1-4 easy; 5-7 moderate; 8-10 heavy).
- The rest of the checklist is self-explanatory.

Quick Risk Factor Checklist

(ASC Z365, March 27, 1988)

RISK FACTOR	1hr	1-4hr	4hr
<u>Repetitive</u>			
Every few seconds	0	1	3
Every few minutes	0	0	1
<u>Load Force (Lift)</u>			
5 – 15 lbs	0	0	1
15 – 30 lbs	1	1	2
30 – 50 lbs	2	2	3
> 50 lbs	3	3	3
<u>Load Force (Push/Pull)</u>			
Easy	0	0	1
Moderate	0	1	2
Heavy	1	2	3
<u>Load Force (Carry > 10 ft.)</u>			
5 – 15 lbs	0	0	1
15 – 30 lbs	0	1	2
> 30 lbs	1	2	3
<u>Awkward Postures</u>			
Neck/Shoulder: Overhead/Bend	0	1	2
Extended Reach	0	1	2
Elbow/Forearm: Twist	0	1	2
Hand/Wrist: Bend/Pinch	0	1	2
Trunk: Twist/Bend	0	1	2
Knee: Squat/Kneel	0	1	2
<u>Use Power Tools</u>	0	1	2
<u>Pressure Points</u>	0	1	2
<u>Same Position</u>	0	1	2
<u>Environment</u>			
Cold/Hot/Light/Vibration	0	1	2
<u>Continuous Keyboard Use</u>	0	1	2
<u>Incentive Work or</u>	0	1	2
<u>No Worker Control Over Job Pace</u>	0	1	2

TOTAL SCORE = 10 or more?

Single Lift > 50 lbs increases risk of low back problems.