

## Job Tasks / Process

Task 1

Task 2

Task 3

Task 4

Task 5

Task 6

Task 7

Task 8

Task 9

Task 10

Task 11

Task 12

Task 13

Task 14

Task 15

## References

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- Illustrations generated using Poser 6.0, e-Frontier America, Inc., Scotts Valley, CA.



# Ergonomics Screening Tool



Analysis Date

Analyst

Locations

Job Description

## Total Body Priority

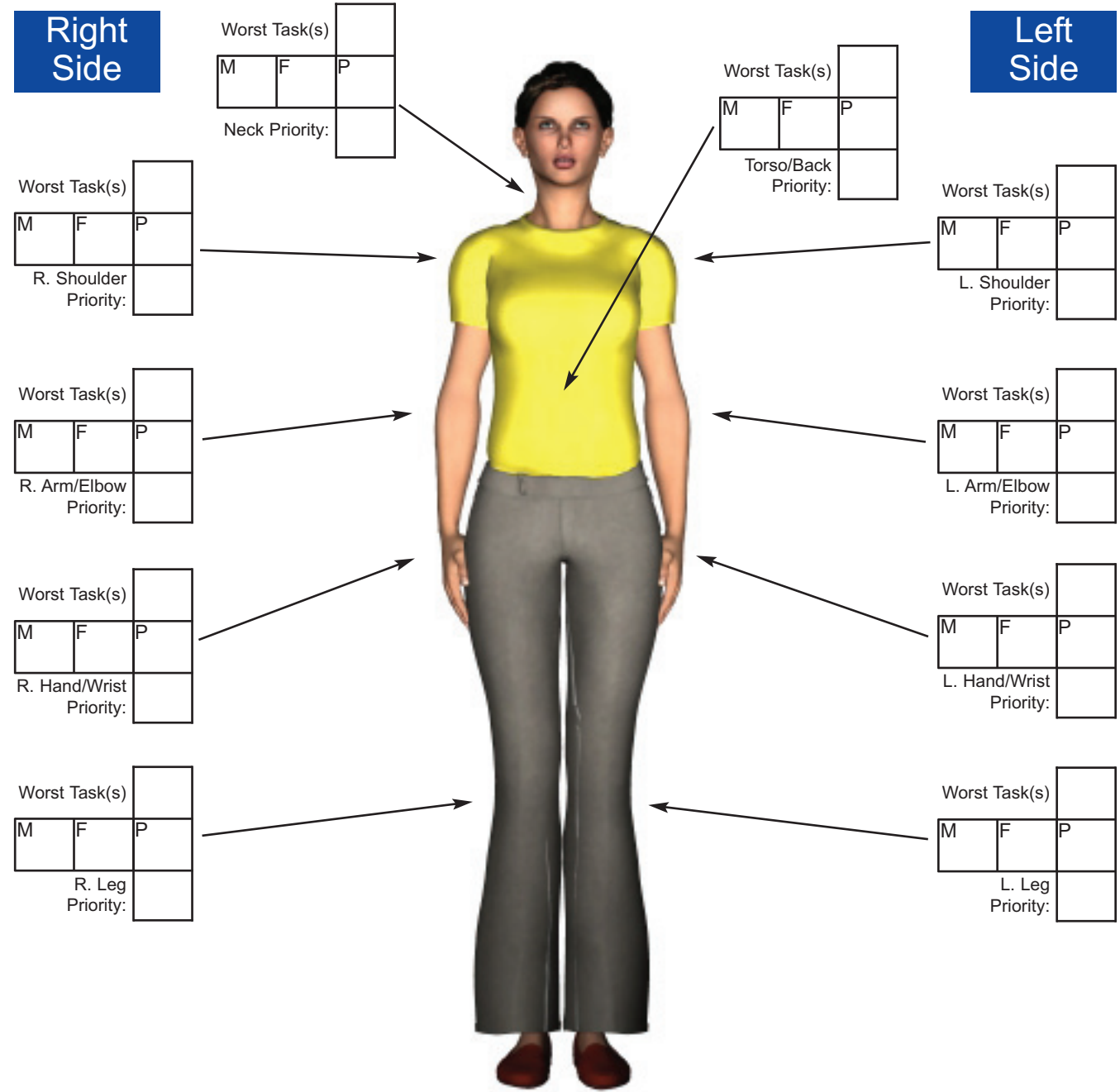
Enter total number of Body Parts with Priorities in each level

Low Priority	Moderate Priority	High Priority
X 1	X 2	X 4
=	=	=
Job Total: (enter sum)		
Job Priority Level: (from chart below)		
Low	Moderate	High
≤ 16	17-24	≥ 25

# Body Priorities

**Right Side**

**Left Side**



## Body Priority Matrix

Motion, Force, Posture

MFP	MFP	MFP
HHH	MHH	LHH
HHM	MHM	LHM
HHL	MMH	LMH
HMH	MHL	LHL
HMM	MMM	LMM
HLH	MLH	LLH
HML	MML	LML
HLM	MLM	LLM
HLL	MLL	LLL

# Motion Ratings

Evaluate with respect to the entire set of tasks for each body part

	LOW	MODERATE	HIGH
Dynamic	Idle most of the time; no regular motions; consistent, conspicuous, long pauses; OR very slow motions	Slow steady motion; frequent brief pauses; steady motion; infrequent pauses	Rapid steady motion/exertion; no regular breaks or pauses; difficulty keeping up
Repetitive	< 1 per minute	1-5 per minute	> 5 per minute
Static	Posture held < 6 seconds	Posture held 6-20 seconds	Posture held > 20 seconds

# Force Ratings

Evaluate with respect to worst task(s)

	LOW	MODERATE	HIGH
CR10 Borg	0 1 2 3	4 5 6	7 8 9 10+
General Definitions	No or minimal force; noticeable effort; < 30% MVC	Moderate to strong force; obvious effort, but unchanged facial expression; 30-60% MVC	Very strong force; substantial effort with changed facial expression; use of shoulder or trunk for force; >60% MVC
Neck	Neutral neck; head turned partly to side; back or forward slightly; back leaning forward 0-20 degrees	Head turned to side; head fully back; forward about 20 degrees; back leaning forward 20-45 degrees	Same as moderate but with force or weight; head stretched forward; back leaning forward >45 degrees
Back	Standing; sitting with lumbar support; Leaning to side or bending slightly; arching back	Bending forward, no load (seated or standing); lifting moderately heavy loads near body; working overhead	Lifting or exerting force while twisting; high force or load while bending; Heavy lifting, lowering, carrying, pushing/pulling
Shoulders	Neutral arms; arms slightly away from sides; arms extended with some support	Arms away from body, no support; working overhead or behind	Exerting forces or holding weight with arms away from body or overhead
Arms/Elbows	Neutral; arms away from body, no load; light forces lifting near body; no twisting	Rotating arm while exerting force; arm motion or reach away from body	High forces exerted with rotation; lifting with arms extended; forceful exertion
Hands/Wrists	Neutral; light forces or weights handled close to body; straight wrists; comfortable power grips	Grips with wide or narrow span; moderate wrist angles, especially flexion; use of gloves with moderate forces; using hand tools; static grip; pinch grips with light force	Pinch grips or extreme wrist angles with moderate force; holding slippery surfaces; precision task; heavy tools; high torque
Legs/Knees/Feet	Standing and walking without bending or leaning; weight on both feet; sitting with supported legs; sit/stand stool	Bending forward, leaning on table; weight on one side; pivoting while exerting force; foot pedal; kneeling, squatting; static stand	Exerting high forces while pulling or lifting; crouching or squatting while exerting force; walking with heavy load; standing on one foot

# Posture Ratings

Evaluate with respect to worst task(s)

	LOW	MODERATE	HIGH
Neck	0°-10°	10°-20°	>20° <0° Head to side
Arms	Shoulder: -20° to 20° Elbow: 60° to 100°	Shoulder: 20° to 90° Elbow: <60° or >100°	Shoulder: >90° <-20° Arm up & out Elbow across body
Hand/Wrist	Neutral / 0° to 25° of rotation	Midrange: -15° to 15° Midrange: 25° to 40° of rotation	Extremes: >15° or <-15° Radial or Ulnar deviation Extremes: >40° of rotation
Torso/Back/Legs	0° or supported	No Foot Support Foot Pedal 0° to 20°	Extension >20° Twisting One Leg