



The Ergonomics Center SCREENING TOOL

Evaluator: _____
 Company: _____
 Job Description: _____
 Department & Supervisor: _____

Date: _____
 # of Employees: _____
 Notes: _____

Pre-DD Total	Post-DD Total
0	0

Each Flag counts as 1 pt. Each Flag counts as 2 pts. Each Flag counts as 1 pt. **Count of ≥ 2 per body part warrants a deep-dive of the step(s)**

	POSTURE		FORCE		MOTION		COUNTS		IDENTIFIED STEP(S)	NOTES (incl. Deep Dive Tools used & results)	DEEP DIVE TOOL OPTIONS
							Pre-DD	Post-DD			
Back	Flexion ≥ 20°		≥ 20 lb lift		> 4 bends / min		0	0		DEEP DIVE NOTES EXAMPLE NIOSH LE - RWL = 24 lbs, LI = 2.0 (actual weight lifted = 48 lbs) LM MMH Initial Push Rec. < 41 lbs (actual initial push force = 32 lbs) LM MMH Sustained Push Rec. < 22 lbs (actual sustained push force = 17 lbs)	Liberty Mutual MMH Guide MFA NIOSH Lifting Equation REBA
	Extension		≥ 25 lb carry		Static > 20 sec (Non-neutral posture)						
	Twisted		≥ 30 lb initial push/pull		≥ 2 lifts / min						
	Lateral bend		≥ 15 lb sustained push/pull		≥ 2 carries / min						
	Back not supported while sitting (or no chair back)										
Neck	Flexion ≥ 20°		≥ 5 lb weight worn on the head		> 4 / min		0	0		MFA REBA	
	Extension				Static > 20 sec (Non-neutral posture)						
	Twisted										
	Lateral bend										
Shoulder(s)	Flexion ≥ 45°		≥ 10 lb 1-hand lift/lower		> 4 / min		0	0		MFA RULA REBA Strength Data	
	Extension > 20° (Arm behind body)		≥ 10 lb 1-hand carry		Static > 20 sec (Non-neutral posture)						
	Elbow abducted ≥ 30°										
	Reaching across midline of the body										
	Shoulders shrugged										
Arm(s) / Elbow(s)	Flexion ≥ 100°		≥ 10 lb 1-arm push/pull (any direction)		> 4 / min		0	0		MFA RULA REBA Strength Data	
	Extension ≤ 60° (and non-neutral shoulder)				Static > 20 sec (Non-neutral posture)						
	Horiz. reach ≥ 20" from front of body										
	Vertical reach ≤ 25" from floor										
	Vertical reach ≥ 50" from floor										



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	POSTURE		FORCE		MOTION		COUNTS		IDENTIFIED STEP(S)	NOTES (incl. Deep Dive Tools used & results)	DEEP DIVE TOOL OPTIONS
							Pre-DD	Post-DD			
Hand(s)/ Wrist(s)	Flexion > 15°		≥ 10 lb power grip		> 15 / min		0	0			MFA RULA Revised Strain Index Strength Data
	Extension > 15°		≥ 3 lb pinch force		Static > 20 sec (Non-neutral posture)						
	Near end range of rotation		≥ 4 lb thumb push								
	Radial deviation		≥ 10 lb palm press								
	Ulnar deviation		Hand as a hammer								
	Wide grip > 3.5"										
Leg(s)	No foot support (sitting)		≥ 10 lb push/pull (e.g. foot pedal)		> 4 bends / min (hip or knee)		0	0			MFA REBA
	Weight on 1 leg		Knee as a hammer		Static > 20 sec (Non-neutral posture)						
	Foot pedal use (while standing)										
	Kneeling										
	Squatting										
	Twisting (ankle, knee)										
	Vehicle Ingress/egress										
	Crawling										
	Stair/ladder climbing										
Other	Not enough lighting						0	0			Consult the "Other Environmental Criteria" tab or your training manual for additional details. Or consult state, federal, professional society and/or internal company guidelines for more details. The Ergonomics Center can also provide consultation.
	Too much lighting (or glare)										
	Low temperature (≤ 32°F, 0°C)										
	High temperature or humidity (≥ 80°F ambient temp. or heat index)										
	Vibration (hand/arm or whole body)										
	Noise issues (≥ 85 dB)										
	Contact stress										
	PPE concerns (e.g. bulky or slippery gloves)										
	Work pace - Difficulty keeping up with the work or meeting quotas/deadlines										
	Sedentary > 1 hour at a time?										
	Work week > 40 hours regularly										
	Psychosocial stress (i.e. Little control over work, work monotony, lack of supervisor/co-worker support, insufficient training, etc.)										

Pre-Deep Dive Total: 0

Post-Deep Dive Total: 0

