



Ergonomics SAFETY CHECKLIST

Name

Department

Date

DESCRIPTION	YES	NO	N/A
Can the work be performed without excessive glare?			
Does the work require working with the arms raised above shoulder height?			
Is the neck bent forward (flexion) or backwards (extension) to view the task?			
Are there pressure points on any parts of the body (wrists, forearms, front or back of thighs)?			
Can the work be done using the larger muscles of the body?			
Can the work be done without twisting or bending forward at the waist?			
Are there sufficient opportunities for microbreaks, in addition to the regular rest breaks, to relieve stress from repetitive tasks or from working in the same position for long periods of time?			
Are tools, instruments, and machinery shaped, positioned, and handled so that tasks can be performed in a neutral posture?			
Are all pieces of furniture adjusted, positioned, and arranged to minimize strain on all parts of the body?			
Does the task require working with the wrists bent up, down, or to either side?			
Is work or lifting/lowering performed above shoulder level?			
Is work or lifting/lowering performed below knee level?			
Does the worker have control over the pace of their work?			
Is there exposure to hand-arm vibration from using powered hand tools?			
Is there exposure to whole-body vibration during the operation of forklifts, heavy equipment, pavement breakers, etc., or by standing next to vibrating or high impact machines?			
Does the task require excessive pinching or gripping of parts or tools?			
Is the work performed in extreme temperatures >90°F or <60°F?			
Does personal protective equipment or gear restrict movement or force the worker into awkward postures?			
Does the work require reaching behind, overhead, or across the body?			