

ERGONOMICS

HAZARD	Satisfactory	Needs Attention	Target Date for Correction	Date Corrected
Can the work be performed without eye strain or glare to the employees?				
Does the task require prolonged raising of the arms?				
Do the neck and shoulders have to be stooped to view the task?				
Are there pressure points on any parts of the body (wrists, forearms, back of thighs)?				
Can the work be done using the larger muscles of the body?				
Can the work be done without twisting or overly bending the lower back?				
Are there sufficient rest breaks, in addition to the regular rest breaks, to relieve stress from repetitive-motion tasks?				
Are tools, instruments and machinery shaped, positioned and handled so that tasks can be performed comfortably?				
Are all pieces of furniture adjusted, positioned and arranged to minimize strain on all parts of the body?				

Name Date