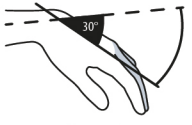
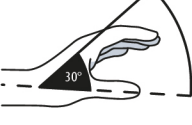
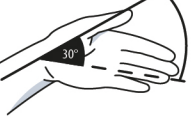
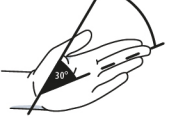


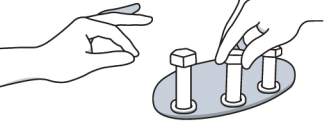
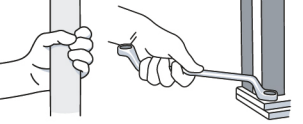
WorkSMART MSD Risk Checklist

Position		Date	
Task		Observer	

Awkward Postures (Hint: 30° = 5 minutes past the hour hand); and/or Static/Sustained Postures (held for more than 30 seconds)

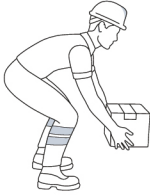
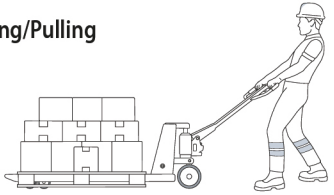
Est Time: Neck extended >10° 	Est Time: Neck flexed >30° 	Est Time: Neck laterally flexed >30° 	Est Time: Neck rotated >30° 	Est Time: Hands above head, or elbows above shoulders 
☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs
Est Time: Hand or elbow behind body 	Est Time: Elbow forward greater than 60° 	Est Time: Arm reaching laterally greater than 60° 	Est Time: Back flexed greater than 30° 	Est Time: Back laterally flexed greater than 30° 
☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs
Est Time: Trunk rotated >30° 	Est Time: Walking over rough, uneven, slippery or sloping surfaces 	Est Time: Climbing of stairs, ladders, or equipment 	Est Time: Squatting or kneeling 	Est Time: Stationary standing 
☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs
Est Time: Sitting with back unsupported 	Est Time: Wrist flexed >30° 	Est Time: Wrist extended >30° 	Est Time: Ulnar wrist deviation >30° 	Est Time: Radial wrist deviation >30° 
☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs	☐ 2-4 hrs ☐ >4 hrs

Forceful Gripping

Est Time: Fingertip pinch >2 kg 	Est Time: One handed pinch grip >4 kg 	Est Time: One handed power grip >5 kg 
☐ >2 hrs ☐ >3 hrs combined with high reps or awkward wrist postures	☐ >2 hrs ☐ >3 hrs combined with high reps or awkward wrist postures	☐ >2 hrs ☐ >3 hrs combined with high reps or awkward wrist postures

High Repetition Motions

	Repeating the same motion with the neck, shoulders, elbows, wrists, hands or feet with little or no variation every few seconds Estimated Time:	☐ Mod > 2 hours total per day ☐ High > 2 hours combined with awkward wrist posture and forceful grip; OR > 6 hours total per day
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Lifting/Lowering and Pushing/Pulling			
Heavy Lifting 	Awkward Lifting 	Repetitive Lifting 	Pushing/Pulling 
☐ >35 kg once/day OR ☐ >25 kg lifted 10X/day	☐ >10 kg above shoulders, below knees or at arm's length >25X/day	☐ >4 kg more than 2X/minute AND for >2 hours total/day	☐ >10 kg at once time using upper body OR ☐ >25 kg at one time using whole body

Contact Stress			
	Using the hand or knee as a hammer	☐ Mod	> 10X per hour for >2 hours total per day
	Estimated Time:	☐ High	> once per minute for >2 hours per day
	Pressure from object pressing into soft tissue or from leaning against a hard edge Estimated Time:	☐ Mod	Sustained contact pressure on body part for >2 hours total per day

Vibration			
	High vibratory or impact tools: chain saws, impact wrenches, tampers, jack hammers, riveting or chipping hammers, etc Estimated Time:	☐ Mod	30-120 minutes total per day
		☐ High	> 2 hours total per day
	Low vibratory tools: Grinders, sanders, jigsaws, (most single hand devices) Estimated Time:	☐ Mod	2-4 hours total per day
		☐ High	> 4 hours total per day

Total number of MODERATE risk elements for this task		Total number of HIGH risk elements for this task	
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Task Priority Considerations	
Have injuries been recorded with this task?	
Have employees complained of discomfort while performing this task?	
Have high risk elements been identified?	
Have moderate risk elements been identified?	

Compare the above vertical pattern against the chart to the right to determine priority status



Priority Matrix															
✓	✓	✓	✓	✓		✓	✓		✓						
✓	✓	✓		✓	✓				✓		✓		✓		
✓	✓		✓		✓	✓			✓			✓		✓	
✓		✓	✓		✓		✓				✓	✓			✓
☐ Top Priority				☐ High Priority				☐ Moderate Priority				☐ Low Priority			