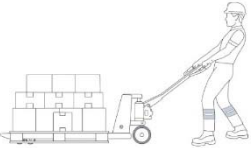


WorkSMART's Cumulative Risk Assessment

Position		Date				Completed By								
Awkward Posture		Task 1		Task 2		Task 3		Task 4		Task 5		Total Duration (min)	✓ if more than 2hrs but less than 4hrs	✓ if 4hrs or more
		Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)			
	Neck extended greater than 10°													
	Neck flexed forward greater than 30°													
	Neck laterally flexed greater than 30°													
	Neck rotated greater than 30°													
	Back rotated greater than 30°													
	Back flexed greater than 30°													
	Back laterally flexed greater than 10°													
	Hands above head, or elbows above shoulders													

Awkward Posture		Task 1		Task 2		Task 3		Task 4		Task 5		Total Duration (min)	✓ if more than 2hrs but less than 4hrs	✓ if 4hrs or more
		Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)			
	Hands or elbows behind body													
	Elbows forward greater than 60°													
	Arms reach laterally greater than 60°													
	Squatting or Kneeling													
	Standing Stationary													
	Walk on rough, uneven, or slip surfaces													
	Climbing of stairs, ladders or equipment													
	Sitting with no backrest													
	Repeating similar motion at least 2X/min													

Awkward Posture		Task 1		Task 2		Task 3		Task 4		Task 5		Total Duration (min)	✓ if more than 2hrs but less than 4hrs	✓ if 4hrs or more
		Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)	Hazard Identified? ✓	Avg Duration (min)			
	Fingertip pinch greater than 2kg													
	One handed pinch grip greater than 4 kg													
	One handed power grip greater than 5 kg													
	Using the hand or knee as a hammer													
	Object or edge pressing into soft tissue													
	Low vibratory tools: sander, grinder, etc													
													✓ if more than 30 min but less than 2hrs	✓ if 2hrs or more
	High vibratory or impact tools													

Material Handling Tasks			Task 1	Task 2	Task 3	Task 4	Task 5
			Hazard Identified? ✓	Hazard Identified? ✓	Hazard Identified? ✓	Hazard Identified? ✓	Hazard Identified? ✓
	Heavy Lifting or Lowering	More than 75 lbs once per day					
		More than 55 lbs more than 10X per day					
	Awkward Lifting or Lowering	More than 25 lbs above the shoulder, below knees, or at arm's length more than 25X per day					
	Repetitive Lifting or Lowering	More than 10 lbs force if done more than 2X per minute AND for more than 2 hour total per day					
	Pushing or Pulling	More than 24 lbs force at one time using just the upper body					
		More than 50 lbs force at one time using the whole body					