

OSHA JOB HAZARD CHECKLIST

Job hazard analysis and control is the heart of any ergonomics program because this analysis is the first step in eliminating or materially reducing MSD hazards.

Through job hazard analysis, employers identify and assess where and how employees' physical capabilities have been exceeded in a given job. The analysis helps identify what aspects of the physical work activities and conditions of the job and what ergonomics risk factors may be causing or contributing to the MSD hazards. (Source: www.osha.gov.)

The following checklist identifies problematic behaviors and their potential effects on workers.

Activity or Condition	Possible Ergonomic Risk Factor
1. Exerting considerable physical effort	<ul style="list-style-type: none"> a. Force b. Awkward posture c. Contact stress
2. Doing the same motion over and over again	<ul style="list-style-type: none"> a. Repetition b. Force c. Awkward postures d. Cold temperatures
3. Performing motions constantly without pauses	<ul style="list-style-type: none"> a. Repetition b. Force c. Awkward postures d. Static postures e. Contact stress f. Vibration
4. Performing a task with long reaches	<ul style="list-style-type: none"> a. Awkward postures b. Static postures c. Force
5. Working surfaces are too high or too low	<ul style="list-style-type: none"> a. Awkward postures b. Static postures c. Force d. Contact stress
6. Maintaining same posture or position	<ul style="list-style-type: none"> a. Awkward posture b. Static postures c. Force d. Cold temperatures
7. Sitting for a long time	<ul style="list-style-type: none"> a. Awkward posture b. Static postures c. Contact stress

8. Using hand and power tools
 - a. Force
 - b. Awkward postures
 - c. Static postures
 - d. Contact stress
 - e. Vibration
 - f. Cold temperatures
9. Vibrating work surfaces or machinery
 - a. Vibration
 - b. Force
 - c. Cold temperatures
10. Workstation edges or objects press into muscles or tendons
 - a. Contact stress
11. Using hands as a hammer
 - a. Contact stress
 - b. Force
12. Using hands or body as clamps to hold objects while performing tasks
 - a. Force
 - b. Static postures
 - c. Awkward postures
 - d. Contact stress
13. Gloves are bulky or wrong size
 - a. Force
 - b. Contact stress
14. Objects moved are heavy
 - a. Force
 - b. Repetition
 - c. Awkward postures
 - d. Static postures
 - e. Contact stress
15. Horizontal reach is long (distance to object)
 - a. Force
 - b. Repetition
 - c. Awkward postures
 - d. Static postures
 - e. Contact stress
16. Vertical reach is above shoulders or below knees
 - a. Force
 - b. Repetition
 - c. Awkward postures
 - d. Static postures
 - e. Contact stress
17. Objects are moved significant distance
 - a. Force
 - b. Repetition
 - c. Awkward postures
 - d. Static postures
 - e. Contact stress
18. Bending or twisting during materials handling
 - a. Force
 - b. Repetition
 - c. Awkward postures
 - d. Static postures

19. Object is slippery or has no handles

- a. Force
- b. Repetition
- c. Awkward postures
- d. Static postures

20. Floor surfaces are uneven, slippery, or sloped

- a. Force
- b. Repetition
- c. Awkward postures
- d. Static postures

NOTES

NOTES

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