

GENERAL POSTURE AND TASK EVALUATION CHECKLIST

General Posture Evaluation	Yes	No
1. Are the joints maintained in a neutral position (most are straight, elbow is at 90E)?	"	"
2. Is the work or load held close to the body?	"	"
3. Are forward bending postures avoided?	"	"
4. Are twisting postures of the trunk avoided?	"	"
5. Are sudden movements or jerks avoided?	"	"
6. Are static postures avoided? i.e., Are there changes in posture?	"	"
7. Are excessive reaches avoided?	"	"
8. Are the hands utilized in front of the body?	"	"

Task Evaluation	Yes	No
1. Are static muscle exertions avoided?	"	"
a. Are repetitive static exertions limited to < 15% of maximum strength?	"	"
b. Are durations of static exertion limited to several seconds?	"	"
2. Are pinch grips used only for low-force precision tasks?	"	"
3. Are large muscle groups and power grips utilized for tasks requiring force?	"	"
4. Is momentum utilized to assist the operator?	"	"
5. Are curved motions pivoting around the lowest-order joints utilized?	"	"
6. Are materials and tools placed within the normal working area?	"	"
7. Are gravity bins and drop deliveries utilized?	"	"
8. Are tasks carried out below shoulder level and above knuckle height?	"	"
9. Are lifts performed slowly with knees bent?	"	"
10. Are mechanical assists or additional help utilized for loads exceeding 50 pounds?	"	"
11. Is the workload low enough that the heart rate is steady and below 110 beats/min?	"	"
12. Are frequent, short rest breaks provided?	"	"