



Ergonomics Self Checklist

Ergonomics: general

- Can the work be performed without eye strain or glare?
- Can the task be done without repetitive lifting of the arms above the shoulder level?
- Can the task be done without the employee having to hold his or her elbows out and away from the body?
- Can employees keep their hands or wrists in a neutral position when they are working?
- Are mechanical assists available to the worker performing materials-handling tasks?
- Can the task be done without having to stoop the neck and shoulders to view the work?
- Are pressure points on body parts such as wrists, forearms, backs of thighs avoided?
- Can the work be done using the larger muscles of the body?
- Are there sufficient rest breaks, in addition to scheduled 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 the body?
- Are lifts confined within the knuckle-to-shoulder zone?
- Is work arranged so that workers are not required to lift and carry too much weight?
- If workers have to push or pull objects using great amounts of force, are mechanical aids provided?