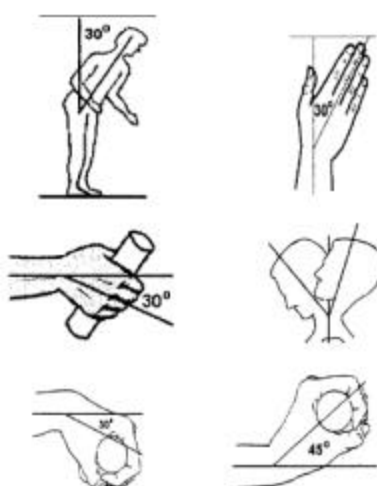


Table W-1 – Basic Screening Tool

You need only review risk factors for those areas of the body affected by the MSD Incident.

Risk Factors This Standard Covers	Performing job or task that involve:	Body Part Associated With MSD Incident			
		Neck/ Shoulder	Hand/ Wrist/ Arm	Back/ Trunk/ Hip	Leg/ Knee/ Ankle
Repetition	(1) Repeating the same motions every few seconds or repeating a cycle of motions involving the affected body part more than twice per minute for more than 2 consecutive hours in a workday.	✓	✓	✓	✓
	(2) Using an input device, such as a keyboard and/or mouse, in a steady manner for more than 4 hours total in a workday.	✓	✓		
Force	(3) Lifting more than 75 pounds at any one time; more than 55 pounds more than 10 times per day; or more than 25 pounds below the knees, above the shoulders, or at arm's length more than 25 times per day;	✓	✓	✓	✓
	(4) Pushing/pulling with more than 20 pounds of initial force (e.g., equivalent to pushing a 65 pound box across a tile floor or pushing a shopping cart with five 40 pound bags of dog food) for more than 2 hours total per day;	✓	✓	✓	✓
	(5) Pinching an unsupported object weighing 2 or more pounds per hand, or use of an equivalent pinching force (e.g., holding a small binder clip open) for more than 2 hours total per day;		✓		
	(6) Gripping an unsupported object weighing 10 pounds or more per hand, or use of an equivalent gripping force (e.g., crushing the sides of an aluminum soda can with one hand), for more than 2 hours total per day.		✓		

Table W-1 – Basic Screening Tool (continued)

Risk Factors This Standard Covers	Performing job or task that involve:	Body Part Associated With MSD Incident			
		Neck/ Shoulder	Hand/ Wrist/ Arm	Back/ Trunk/ Hip	Leg/ Knee/ Ankle
Awkward Postures	(7) Repeatedly raising or working with the hand(s) above the head or the elbow(s) above the shoulder(s) for more than 2 hours total per day;	✓	✓	✓	
	(8) Kneeling or squatting for more than 2 hours total per day;			✓	✓
	(9) Working with the back, neck or wrists bent or twisted for more than 2 hours total per day (see figures:) 	✓	✓	✓	
Contact Stress	(10) Using the hand or knee as a hammer more than 10 times per hour for more than 2 hours total per day;		✓		✓
Vibration	(11) Using vibrating tools or equipment that typically have high vibration levels (such as chainsaws, jack hammers, percussive tools, riveting or chipping hammers) for more than 30 minutes total per day;	✓	✓	✓	
	(12) Using tools or equipment that typically have moderate vibration levels (such as jig saws, grinders, or sanders) for more than 2 hours total per day.	✓	✓		