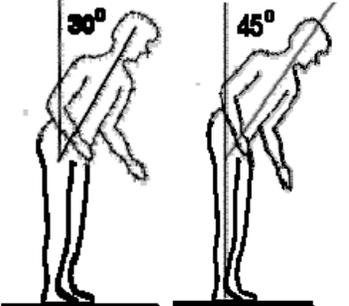
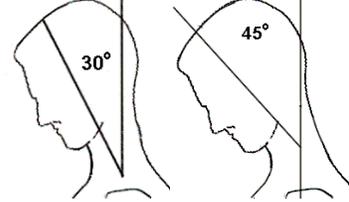
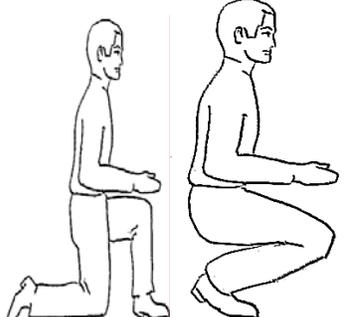
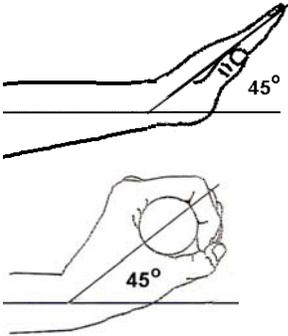
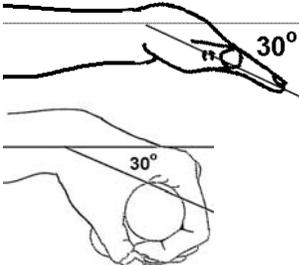
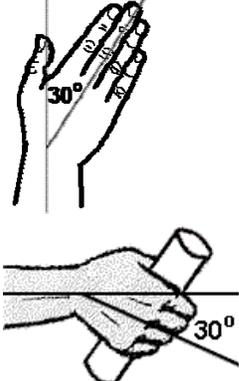
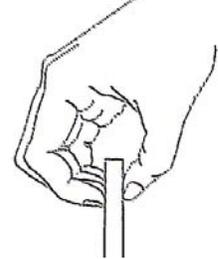
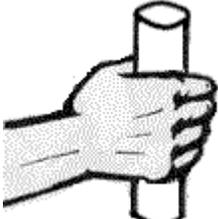


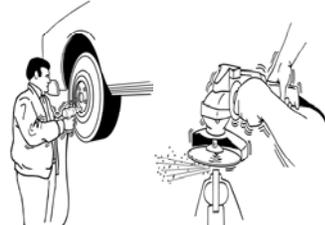
# Crafts-Labor Ergonomics Self-Assessment Tool

Name: \_\_\_\_\_ Task Evaluated: \_\_\_\_\_

Date: \_\_\_\_\_

Activity	Illustration	Duration / Weight	Comments
Raising the hands above the head or Raising the elbows above the shoulders			
Bending the Back 30° or more			
Bending the neck down 30° or more			
Kneeling or Squatting			

Activity	Illustration	Duration	Comments
Bending the wrist Extension 45°			
Bending the wrist Flexion 30°			
Ulnar deviation 30° (bending wrists towards little finger)			
Pinching unsupported objects weighing 2 lbs. or more, or with a force of 4lbs. or more (It takes approximately 4lbs. of force to pinch a ½ ream of paper.)			
Gripping 10 lbs. (approximate force required to squeeze a light- duty jumper cable)			

Activity	Illustration	Duration	Comments
<b>Repetitive Motion</b> Repeating same motion with neck, shoulders, elbows, wrists, or hands with little or no variation every few seconds.			
<b>Heavy Lifting</b> Lifting object weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day.			
<b>Frequent Lifting</b> Lifting objects weighing more than 10 pounds if done more than twice per minute, more than 2 hours total per day.			
<b>Awkward Lifting</b> Lifting objects above the shoulders, below the knees or at arms length.			
<b>Vibration</b> Using tools that vibrate.			

Now that you have completed an initial ergonomic assessment, take time to examine any of the risk factors with the assessment tool you have identified for your work activities. Consider ways to adjust your work practices to eliminate, reduce, or manage these risk factors.

Prioritize those activities that you find bothersome, activities where you spend the most significant amount of time, and where changes can be made easily and quickly. Carefully consider the numerous options available for resolving issues and discuss ideas with your supervisor and co-workers.

You or your department will be responsible for the costs associated with any purchases.