

MSD Hazard Identification Tool – Option 1



Force

F



Awkward Posture

P



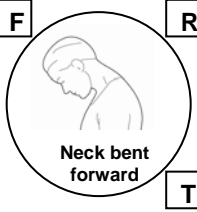
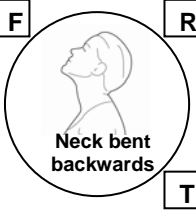
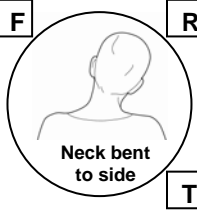
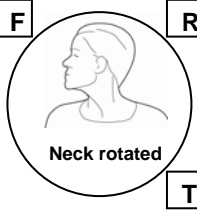
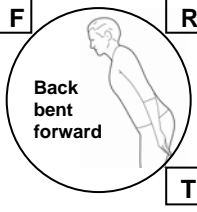
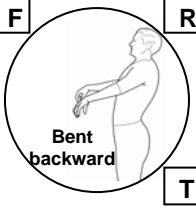
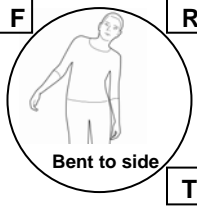
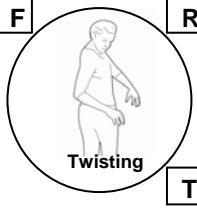
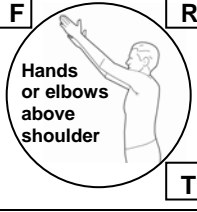
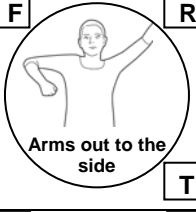
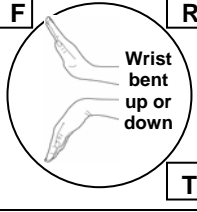
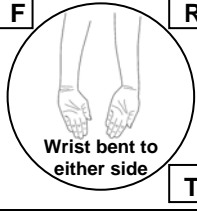
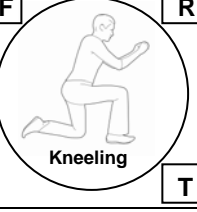
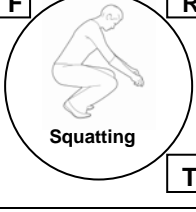
Repetition

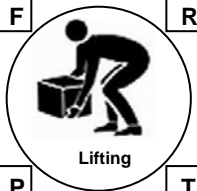
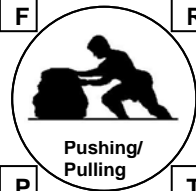

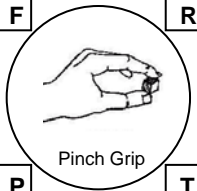


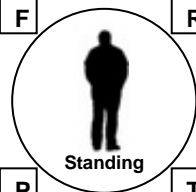
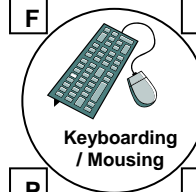

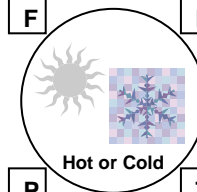
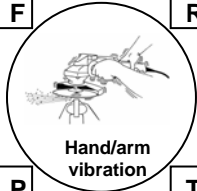
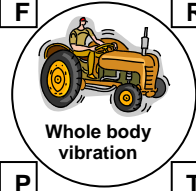
R



Long Time/Duration

T

Job/Task Information				
Job Title or Task:				
Date Completed:				
Awkward Postures				Notes
<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>
<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>
<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>
<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<input type="checkbox"/> F  <input type="checkbox"/> R <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>		
Tips for Completing this Section				
<ul style="list-style-type: none"> - Observe work and talk to workers to determine if any of the awkward postures are present - If an awkward posture is identified check the appropriate box beside its picture: <ul style="list-style-type: none"> o "F" if force must be applied when maintaining the awkward posture o "R" if same awkward posture must be performed repeatedly o "T" if the task must be performed for a long period of time - If any of the "F", "R", or "T" boxes are checked such postures may be placing workers at risk for MSD, and therefore an MSD risk assessment should be conducted. 				

Manual Material Handling			Notes				
<input type="checkbox"/> F  Lifting <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Pushing/ Pulling <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Carrying <input type="checkbox"/> P <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>				
Gripping			Notes				
<input type="checkbox"/> F  Pinch Grip <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Power Grip <input type="checkbox"/> P <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>					
Other			Notes				
<input type="checkbox"/> F  Sitting <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Standing <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Keyboarding / Mousing <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Using knee or hand as hammer <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Hot or Cold <input type="checkbox"/> P <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>		
<input type="checkbox"/> F  Hand/arm vibration <input type="checkbox"/> P <input type="checkbox"/> T	<input type="checkbox"/> F  Whole body vibration <input type="checkbox"/> P <input type="checkbox"/> T	<hr/> <hr/> <hr/> <hr/> <hr/>					

Tips for Completing this Page

- Observe work and talk to workers to determine if any manual material handling, gripping, or other activities are present with the job or task being investigated.
- If an activity identified above is present, check the appropriate box beside its picture:
 - o "F" if force must be applied when performing the activity
 - o "R" if same activity must be performed repeatedly
 - o "P" if an awkward posture is associated with the activity (refer to awkward posture pictures on page 1)
 - o "T" if the task must be performed for a long period of time
- If any of the "F", "R", "P" or "T" boxes are checked such postures may be placing workers at risk for MSD, and therefore an MSD risk assessment should be conducted.

Note:

If the activity related physical demands required vary from day to day, due to different products / services being produced or provided, then ask workers if the activity being observed is more or less demanding than on a typical day.

- i. If less demanding, plan to come back when the demands are more typical / higher.
- ii. If more demanding complete the hazard identification tool. It may be that MSD hazards are only a concern for certain products / services. You should also re-use the tool when the demands are more typical.
- iii. If typical, but there are times when the demands are higher, re-use the tool when the demands are higher, especially if there are no MSD hazards identified when observing typical demands.