

Caution Zone Checklist - Jobs with these activities can cause sprains and strains.

Movements or postures that are a regular part of the job, occurring more than one day per week, and more frequently than one week per year.	Action required ✓	Job: Date:	No. of employees in these jobs?
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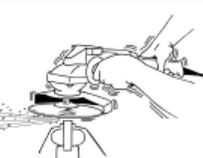
Awkward Posture

Awkward Posture	Comments/Observations
 <p>1. Working with the hand(s) above the head, or the elbow(s) above the shoulders more than 2 hours total per day.</p> <input type="checkbox"/>	
 <p>2. Working with the neck or back bent more than 30 degrees (without support and without the ability to vary posture) more than 2 hours total per day.</p> <input type="checkbox"/>	
 <p>3. Squatting more than 2 hours total per day.</p> <input type="checkbox"/>	
 <p>4. Kneeling more than 2 hours total per day.</p> <input type="checkbox"/>	

High Hand Force

High Hand Force	Comments/Observations
 <p>5. Pinching an unsupported object(s) weighing 2 or more pounds per hand, or pinching with a force of 4 or more pounds per hand, more than 2 hours total per day (comparable to pinching half a ream of paper).</p> <input type="checkbox"/>	
 <p>6. Gripping an unsupported object(s) weighing 10 or more pounds per hand, or gripping with a force of 10 or more pounds per hand, more than 2 hours total per day (comparable to clamping light duty automotive jumper cables onto a battery).</p> <input type="checkbox"/>	

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Highly Repetitive Motion		Comments/Observations
 <p>7. Repeating the same motion with the neck, shoulders, elbows, wrists, or hands (excluding keying activities) with little or no variation every few seconds, more than 2 hours total per day.</p>	<input type="checkbox"/>	
 <p>8. Performing intensive keying more than 4 hours total per day.</p>	<input type="checkbox"/>	
Repeated Impact		Comments/Observations
 <p>9. Using the hand (heel/base of palm) or knee as a hammer more than 10 times per hour, more than 2 hours total per day.</p>	<input type="checkbox"/>	
Heavy, Frequent or Awkward Lifting (A simple scale can be used to determine the weight of materials)		Comments/Observations
 <p>10. Lifting object weighing more than 70 pounds once per day or more than 55 pounds more than 10 times per day.</p>	<input type="checkbox"/>	
 <p>11. Lifting objects weighing more than 10 pounds if done more than twice per minute, more than 2 hours total per day.</p>	<input type="checkbox"/>	
 <p>12. Lifting objects weighing more than 25 pounds above the shoulders, below the knees or at arms length more than 25 times per day.</p>	<input type="checkbox"/>	
Moderate to High Hand - Arm Vibration (Closely estimate or obtain the vibration value of the tool in use)		Comments/Observations
 <p>13. Using impact wrenches, carpet strippers, chain saws, percussive tools (jackhammers, scalers, riveting or chipping hammers) or other tools that typically have high vibration levels, more than 30 minutes total per day.</p>	<input type="checkbox"/>	
 <p>14. Using grinders, sanders, jigsaws or other hand tools that typically have moderate vibration levels more than 2 hours total per day.</p>	<input type="checkbox"/>	