

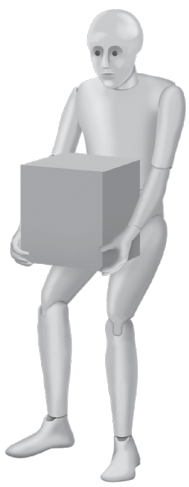
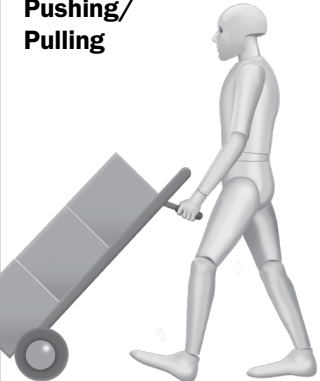


Workplace Inspection Checklist MSIs

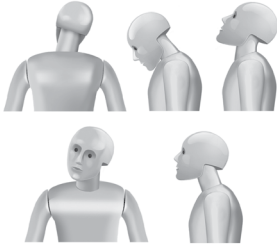
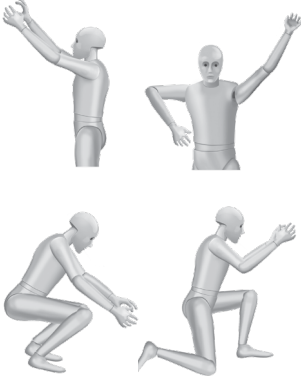
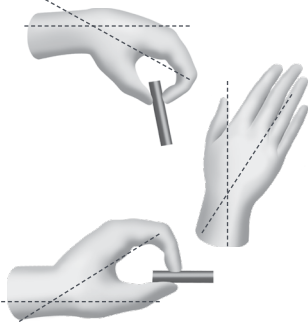

Job Title/Task:

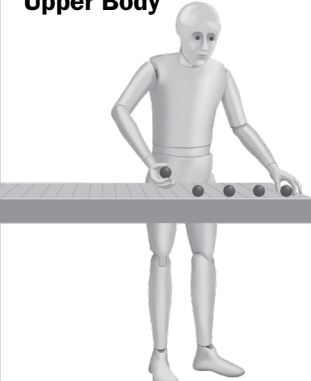
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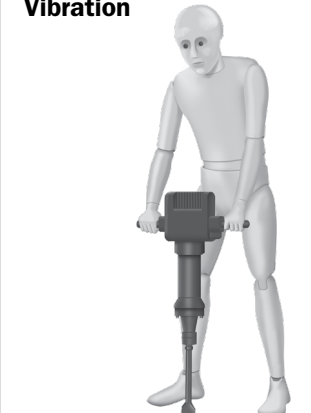
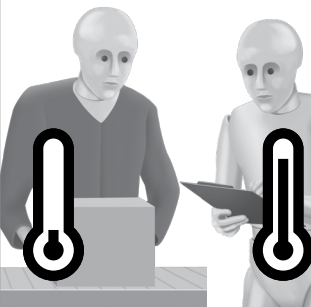
Date:

Notes:

Force		YES	NO	Comments/Notes
Lifting/Lowering 	Loads are heavy/difficult to lift/lower			
	Loads are lifted/lowered repeatedly			
	Loads are above the shoulders			
	Loads are below the knees			
	Loads are far away from the belly button			
	Loads are unstable, unbalanced, uncooperative, or unpredictable			
	Lifting/lowering postures are awkward (bend, twist, kneel, reach, sit)			
Pushing/Pulling 	Loads are hard/difficult to push/pull			
	Loads are pushed/pulled repeatedly			
	Loads are pushed with hands above the shoulders			
	Loads are pushed with hands below the waist			
	Pushing/pulling postures are awkward (bend, twist, kneel, reach, sit, across the body)			
Gripping – Pinch Grip 	Unsupported loads			
	Difficult holding or manipulating			
	Difficult squeezing to open or close			
Gripping – Power Grip 	Unsupported loads			
	Difficult holding or manipulating			
	Difficult squeezing to open or close			

Awkward Postures		YES	NO	Comments/Notes
Neck and Head 	Neck visibly bent forward (chin close to chest)			
	Neck visibly bent to one side (ear close to shoulder)			
	Neck twisted to either side. Or chin close to the shoulder			
	Neck noticeably bent back			
	Neck bent forward and chin out (head forward)			
Elbows and Shoulders 	Hand(s) at or above the head			
	Elbow(s) at/or above the shoulder			
	Elbows/hands behind the body			
	Sitting or standing with the back noticeably bent forward, sideways, or twisted			
	Back noticeably bent backward with no support for the back			
	Squatting/kneeling while working			
Wrists and Hands 	Wrist noticeably bent down or up			
	Wrist noticeably bent to the side (toward thumb/little finger)			
	Hand turned so palm faces fully up or down			
Fixed (Static) Posture 	Sitting for long periods without standing (office work, driving, etc.)			
	Standing still for a long period of time			

Repetition		YES	NO	Comments/Notes
Upper Body 	Performing the same neck motions repeatedly			
	Performing the same shoulder motions repeatedly			
	Performing the same elbow motions repeatedly			
	Performing the same wrist motions repeatedly			
	Performing the same hand/finger motions repeatedly			

Other		YES	NO	Comments/Notes
Contact 	Using the hand or knee as a hammer			
	Tool handles dig into hand/palm			
	Workstation/equipment edges/products dig into body (hands, forearms, trunk, thighs)			
Vibration 	Using vibrating tools (impact wrenches, carpet strippers, chainsaws, jackhammers, scalers, riveting hammers, grinders, sanders, jig saws, jack-leg drills)			
	Operating mobile equipment/vehicles on rough, uneven surfaces			
Temperature 	Work environment is cold, hand/arms are exposed to cold air			
	Work environment is hot/humid			