Industrial Ergonomics Hazards Assessment Checklist



This Hazard Assessment Checklist organizes the factors an ergonomics hazard assessment should cover into 8 groups:

1. **Manual Materials Handling** considers lifting and handling of loads.
2. **Physical Energy Demands** addresses the risks involved with exertion applied by workers to perform tasks.
3. **Other Musculoskeletal Demands** considers potential hazards from things like work posture, bending and twisting, changes of position and contraction of limbs.
4. **Environment** addresses the physical conditions of the workplace, including lighting, noise levels, vibration and circulation of air.
5. **General Workplace** considers the state of housekeeping as well as the presence of obstructions, fall risks and clearance.
6. **Tools** looks at tool weight, grip, vibration, kickback, etc.
7. **Gloves** factors weigh the protective benefits as well as whether gloves require the worker to exert more force and/or subject him/her to additional hazards such as snagging on catch points.
8. **Administration** looks at the organization of work tasks, including time pressures, margins for error and the adequacy of breaks.

How to Do an Ergonomics Hazards Assessment

Adapt and use this Hazards Assessment to determine areas of potential and existing ergonomic and materials handling concerns.