Manual Material Handling Checklist



Supervisors can use this checklist as a tool to identify problem jobs that could lead to ergonomic injuries.

This checklist from the National Institute for Occupational Safety and Health (NIOSH), is not designed to be a comprehensive risk assessment, but rather a tool to help supervisors quickly identify potential problem jobs.

Additional risk factors may exist that are not accounted for in this checklist. It is common practice to follow up checklist observations with more precise techniques to confirm problem risk factors.

“No” responses indicate potential problem areas that should be investigated further.