



RISK FACTORS ASSOCIATED WITH MATERIAL HANDLING INJURIES – CHECKLIST



Use this checklist to help identify risk factors associated with material handling injuries including hand-arm and back injuries. It is important to consider the job, its main tasks, and the amount of time spent performing these tasks. Factors to evaluate include repetitiveness, forcefulness, posture, mechanical stresses and work organization.

Alterations of work methods, use of assistive devices, and personal protective equipment can reduce risks for material handling injuries. Proper training on safe use of equipment should be provided.

INSTRUCTIONS

Check each box that applies to the particular job. The more checked boxes you have, the higher the risk for material handling injuries.

1. REPETITIVENESS

- Are any tasks performed for more than 50 percent of the work time?
- Do any single repetitive tasks last less than 30 seconds?
- Is it difficult to take frequent breaks from repetitive tasks?

2. FORCEFULNESS

- Are hands required to perform lifts, holds or assembly with loads heavier than 4.5 kg (10 lbs)?
- Is use of a pinch grip required when performing lifts, holds or assemblies?
- Are there lifting tasks with weights heavier than 11 kg (24 lbs)?
- Does the work involve extreme flexion or extension of the wrist?
- Does the work involve side-to-side deviation of the wrist (ulnar and radial deviation)?



3. POSTURE

- Does the work involve turning something over in the hands (elbow supination and pronation)?
- Does the work involve frequent reaching below the knee-level?
- Does the work involve reaching behind the line of the body?
- Does the work prevent variations in posture between sitting, standing and sit-stand?
- Does lack of adjustability in the workstation or furniture prevent individual adaptability?
- Is important visual information located outside the range of viewing (122-178 cm, 43-70")?
- Does the work involve carrying items with one hand?
- Are unsupported postures adopted for work performed over long periods of time?

4. MECHANICAL STRESS

- Does the work cause contact of fingers, wrists or arms with sharp edges?
- Is there a possibility of injury due to sharp corners or rough surfaces?

5. WORK ORGANIZATION

- Is there lack of alternative tasks and flexibility in the job?
- Is there insufficient decision-making within the job?
- Is the job stressful?
- Is it difficult for an injured worker to find alternative work?
- Are there problems with the health and safety committee responding to the needs of workers?
- Is new equipment ordered or are work methods altered without input from employees?
- Is training insufficient for good performance?

TOTAL: ___/25

RESOURCES:

<https://www.cdc.gov/niosh/docs/2007-131/pdfs/2007-131.pdf>