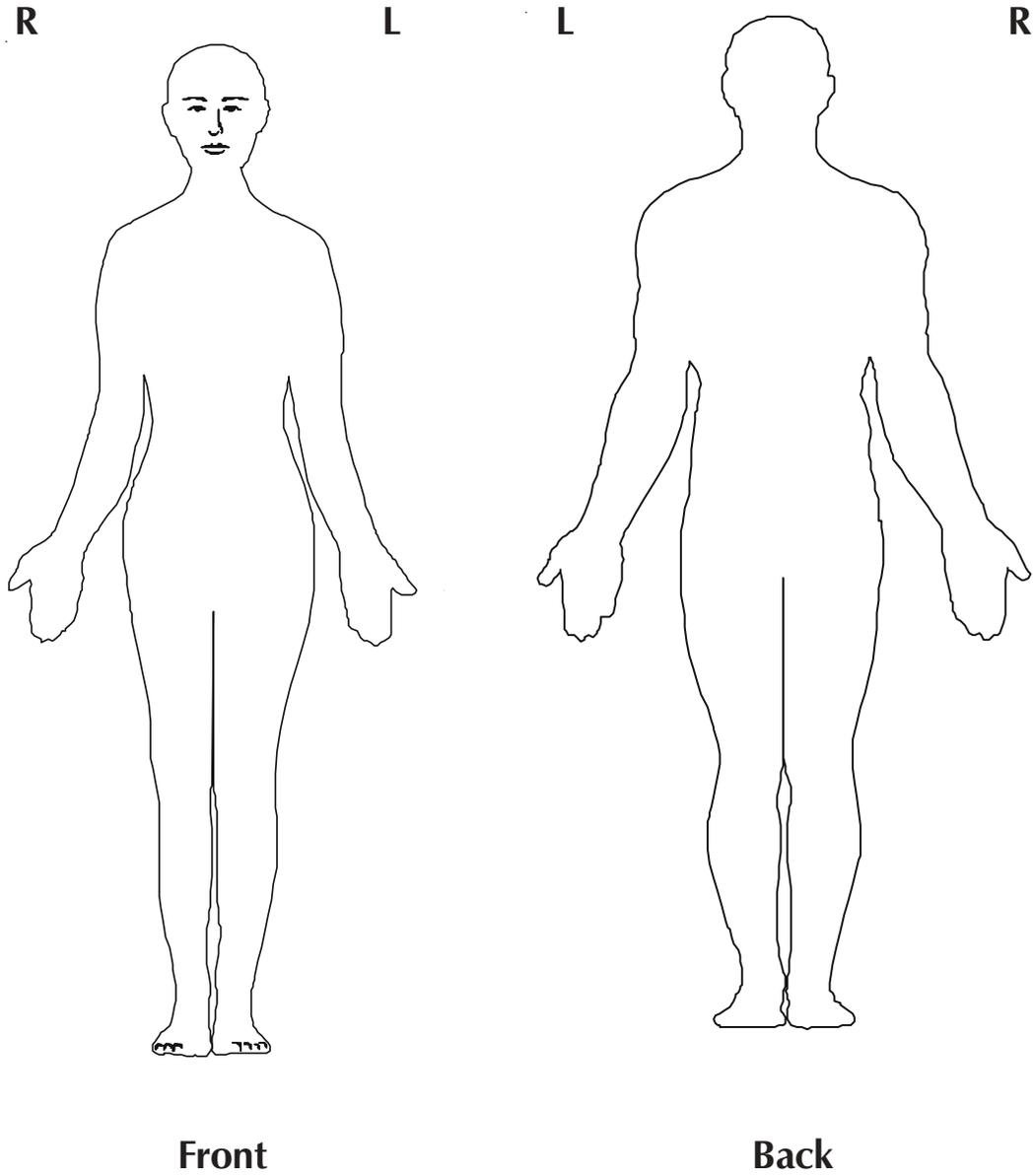


Step 1 for finding ergonomic hazards: Screening



Step 1 for finding ergonomic hazards: Screening

Body area affected (from body map)	When? (What are you doing when you notice the ache/pain/discomfort?)	What causes the problem or complaint?	What kind of ergonomic hazard is it?*(fill in later, if need be)	What can be done immediately to avoid it?	What should be analyzed or investigated in more detail? (See SH.10)

* **Uncomfortable postures or positions:** twisting, arms raised, bent wrists, pinch grip with fingers, non-neutral positions
Heavy and repeated efforts (force): tightening things, pulling, pushing, lifting, hitting something
Repetition: of the same movement or gestures

Work environment issues: humidity, temperature, vibration, lighting or other physical hazards
Stressors/work organization hazards: pace of work, time pressures, inadequate machines or tools, chance of violence, no say about what you're doing, little or no support or respect, etc.

