

# QUICK CHECK FOR MSD RISK FACTORS

*Instructions: Complete this quick check to identify tasks where one or more exposures could lead to musculoskeletal disorders or injuries. When observing employees in any of the pictured positions, record the specific task, where it occurs and try to identify the reason for the employee being in that position. For example, observing an employee using an extended forward reach (exposure) on an assembly task (location) because of where supply bins are positioned (reason/cause). If the task requires lifting or holding materials, capture the weight of the object in the "weight" column and describe the amount of handling (including frequency or duration) in the "repetition" column.*

FACILITY NAME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

DATE: \_\_\_\_\_

COMPLETED BY: \_\_\_\_\_

**OTHER FACTORS\***





Use the letter codes to flag additional risk exposure:  
 (A) Airborne Contaminants/Dust (L) Lighting (N) Excessive Noise  
 (T) Temperature Extremes (V) Vibrations (W) Wet









Keep loads lifted in the green zone.

Avoid lifts in the yellow zone that are above shoulder height and below mid-thigh height.

Eliminate red zone lifts that are less than 10 inches in front of the toes.

MOVEMENT	EXAMPLE	LOCATION	CAUSE	OTHER FACTORS*	WEIGHT	REPETITION
HEAVY LIFTING						
STRONG OR EXCESSIVE FORCE <small>INCLUDING MOVING EQUIPMENT OR OBJECTS, USING TOOLS, GRASPING, HOLDING, STRIKING FORCES (HAND/ PALM HAMMER, KICKING, KNEELING)</small>						
HORIZONTAL REACH <small>ELBOWS EXTENDED BEYOND 90 DEGREES</small>						
OVERHEAD REACH <small>ELBOWS ABOVE SHOULDER LEVEL</small>						

MOVEMENT	EXAMPLE	LOCATION	CAUSE	OTHER FACTORS*	WEIGHT	REPETITION
KNEELING OR SQUATTING						
STOOPING BENDING AT THE WAIST						
TWISTING						
PROLONGED SITTING OR STANDING AT A FIXED WORKSTATION						
AWKWARD NECK POSITIONS BENDING, TWISTING, CRANING						
AWKWARD HAND OR WRIST POSITIONS BENT WRIST, ANGLED WRIST						

ADDITIONAL NOTES AND FOLLOW-UP ACTIONS