

# 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.