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|  |  |
| --- | --- |
| **1** | 🞎 Yes 🞎 No ***Heavy lifting (greater than 35#)***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **2** | 🞎 Yes 🞎 No ***Work below knee height (<15-20”)***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **3** | 🞎 Yes 🞎 No ***Work above shoulder heights (>60”)***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **4** | 🞎 Yes 🞎 No ***Static forward bending (work too low)***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **5** | 🞎 Yes 🞎 No ***Work at arm’s length (extended reaches)***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **6** | 🞎 Yes 🞎 No ***Bent wrist and/or pinching***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **7** | 🞎 Yes 🞎 No ***Heavy grip and pinch force with hands and fingers***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **8** | 🞎 Yes 🞎 No ***Winging of the arms***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **9** | 🞎 Yes 🞎 No ***Static forward head posture***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |



|  |  |
| --- | --- |
| **10** | 🞎 Yes 🞎 No ***Kneeling and prolonged standing***🞎 Yes 🞎 No ***Frequent***🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):** **Recommendations:**  |