
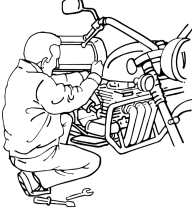




Caution Zone Checklist


| | | |
|--|---|---|
| <p>Movements or postures that are a regular and foreseeable part of the job, occurring more than one day per week, and more frequently than one week per year.</p> | <p>If done in this job position</p> <p style="text-align: center;">✓</p> <p>the box</p> | <p>What would or could you do differently to minimize or eliminate this risk?</p> |
|--|---|---|

Awkward Posture:


| | | |
|---|---|--|
|  | <p>1. Working with the hand(s) above the head, or the elbow(s) above the shoulders</p> <p style="text-align: center;"><input type="checkbox"/></p> | |
|  | <p>2. Squatting</p> <p style="text-align: center;"><input type="checkbox"/></p> | |
|  | <p>3. Kneeling</p> <p style="text-align: center;"><input type="checkbox"/></p> | |

Heavy Hand Lifting:



| | | |
|---|---|--|
|  | <p>4. Pinching an unsupported object(s) weighing 2 or more pounds per hand, or pinching with a force of 4 or more pounds per hand,</p> <p style="text-align: center;"><input type="checkbox"/></p> | |
|---|---|--|

| | | | |
|---|---|--------------------------|--|
|  | <p>5. Gripping an unsupported object(s) weighing 10 or more pounds per hand, or gripping with a force of 10 or more pounds per hand,</p> | <input type="checkbox"/> | |
|---|---|--------------------------|--|

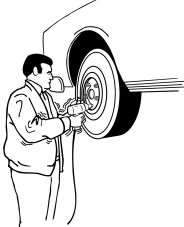
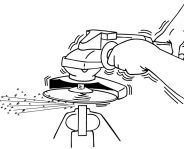
Repetitive Motion:

| | | | |
|--|--|--------------------------|--|
|  | <p>6. Repeating the same motion with the neck, shoulders, elbows, wrists, or hands with little or no variation every few seconds,</p> | <input type="checkbox"/> | |
|--|--|--------------------------|--|

Heavy, Frequent, Awkward Lifting:

| | | | |
|---|---|--------------------------|--|
|  | <p>7. Lifting heavy objects</p> | <input type="checkbox"/> | |
|  | <p>8. Lifting objects above the shoulders, below the knees or at arms length</p> | <input type="checkbox"/> | |

Hand – Arm Vibration:

| | |
|---|--------------------------|
|  <p>9. Using impact wrenches, carpet strippers, chain saws, jack hammers or other tools that typically have high vibration levels</p> | <input type="checkbox"/> |
|  <p>10. Using grinders, sanders, jigsaws or other hand tools that typically have moderate vibration levels.</p> | <input type="checkbox"/> |