



A Union of Professionals

WORK SHOULDN'T HURT

Ergonomics Risk Factor Checklist

Do any of the following ergonomic risk factors apply to you? If yes, you may be at risk for a work-related musculoskeletal disorder (strains and sprains).

Checked items require action such as changes in equipment or the way you perform your job.

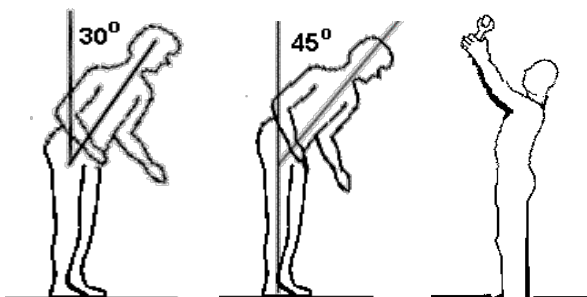


Figure A

Figure B

Figure C

- force comparable to clamping light duty auto jumper cables onto a battery, for more than 3 hours per day.
- Lifting objects or students weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day.
- Driving a bus (whole body vibration) for more than 3 hours per day.

Paraprofessionals

- Working with the back bent forward more than 30° for more than 4 hours total per day. (Figure A)
- Squatting for more than 2 hours per day.
- Kneeling for more than 2 hours per day
- Lifting students weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day.

Bus Drivers

- Gripping (steering wheel/door controls/emergency brake) with a force of 10 pounds or more, which is a

Custodians, Maintenance Workers & Groundskeepers

- Working with the back bent forward more than 30° (figure A) for more than 4 hours total per day.
- Working with the back bent forward more than 45° (figure B) for more than 2 hours total per day.
- Squatting for more than 2 hours per day.
- Kneeling for more than 2 hours per day.

The **American Federation of Teachers** is a union of 1.7 million professionals that champions fairness; democracy; economic opportunity; and high-quality public education, healthcare and public services for our students, their families and our communities. We are committed to advancing these principles through community engagement, organizing, collective bargaining and political activism, and especially through the work our members do.

Randi Weingarten
PRESIDENT

Fedrick C. Ingram
SECRETARY-TREASURER

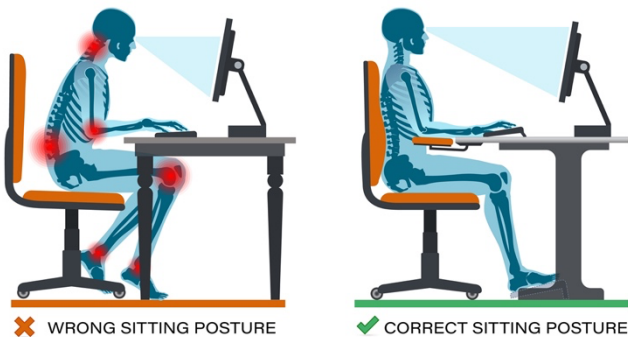
Evelyn DeJesus
EXECUTIVE VICE PRESIDENT



- Lifting objects weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day.
- Lifting objects weighing more than 25 pounds above the shoulders, below the knees or at arm's-length more than 25 times a day.
- Working with the hands above the head or with elbow above the shoulder more than 2 hours per day (figure C).
- Using grinders, sanders, job saws or other hand tools that typically have moderate vibration levels for more than 2 hours total per day.
- Riding a mower (whole body vibration) for more than 2 hours per day.

Office Employees

- Performing intensive keying for more than 4 hours per day.
- Working at a computer on a nonadjustable desk.
- Sitting in a nonadjustable chair with little or no lumbar support.
- Working with the back bent forward more than 30° (figure A) for more than 2 hours total per day (collating or filing).
- Gripping the phone between shoulder and head for more than 2 hours per day.



Garage Mechanics

- Using hand tools that have moderate vibration levels for more than 2 hours total per day.
- Using impact wrenches or other tools that typically have high vibration levels for more than 30 minutes per day.

- Lifting objects weighing more than 25 pounds above the shoulders, below the knees or at arm's-length more than 25 times a day.
- Squatting for more than 2 hours per day.
- Kneeling for more than 2 hours per day.
- Working with the back bent forward more than 30° (figure A) for more than 4 hours total per day.
- Working with the back bent forward more than 45° (figure B) for more than 2 hours total per day.

Food Service Workers



- Lifting objects weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day.
- Lifting objects weighing more than 25 pounds above the shoulders, below the knees or at arm's-length more than 25 times a day.
- Working with the back bent forward more than 30° (figure A) for more than 4 hours total per day.
- Working with the hands above the head or with the elbow above the shoulder (figure C) for more than 2 hours.
- Standing in the same position for more than 1 hour per day.
- Repeating the same motion with the neck, shoulders, elbows, wrists or hands with little or no variation more than 2 hours per day.

For more information, contact the AFT health and safety team at 4healthandsafety@aft.org [June 2022]