

Name: Sumedh Vipradas

Employee Code: 5279741

Company: Birlasoft

JOB DESIGN

Has each job been designed to provide a variety of tasks throughout the day in terms of physical and mental workload?	<input checked="" type="checkbox"/>
Are highly repetitive tasks (such as keying) performed for more than 2 hours at any one time?	<input type="checkbox"/>
Do tasks require constant sitting or standing for more than 2 hours at any one time?	<input checked="" type="checkbox"/>
Are tasks that require a high level of concentration performed for more than 2 hours at any one time?	<input type="checkbox"/>
Do workers have some choice of when, how and how frequently they perform some tasks or are these determined by the equipment or machine they use or by their supervisor?	<input type="checkbox"/>
Are workers trained to vary tasks and postures through the day?	<input type="checkbox"/>
Are individuals given feedback regarding their work performance?	<input type="checkbox"/>

HAZARDOUS MANUAL TASKS

Are there objects that require pushing, pulling, lifting, lowering, carrying, holding or moving, and do these actions require considerable physical effort or force to complete?	<input type="checkbox"/>
Are there large, awkward or heavy objects to be handled?	<input type="checkbox"/>
Is handling required more than 5 times per hour over a day?	<input type="checkbox"/>
Is handling performed below mid-thigh height or above shoulder height?	<input type="checkbox"/>

LIGHTING

Is there sufficient lighting for the performance of tasks?	<input type="checkbox"/>
Are workers able to control incoming natural light?	<input type="checkbox"/>
Does artificial lighting cause reflection from work surfaces or shadows over the task?	<input type="checkbox"/>
Do workers find they have tired, sore or irritated eyes at the end of a day?	<input type="checkbox"/>

NOISE

Is noise a problem in the workplace?	<input type="checkbox"/>
Is it difficult to hear a normal voice within 1 metre distance?	<input checked="" type="checkbox"/>
Are there distracting or disruptive noises in the area?	<input checked="" type="checkbox"/>
Do screens or partitions control noise?	<input checked="" type="checkbox"/>

AIR QUALITY

Are there problems or complaints about temperature, draughts, odours or lack of fresh air?	<input checked="" type="checkbox"/>
Do workers suffer from dry, irritated eyes at the end of the day?	<input checked="" type="checkbox"/>
Does the workplace seem stuffy?	<input checked="" type="checkbox"/>
Do workers find the temperature cold, hot or fluctuating?	<input checked="" type="checkbox"/>