Ergonomics: General

Can the work be performed without eye strain or glare?

Can the task be done without repetitive lifting of the arms above the shoulder level?

Can the task be done without the employee having to hold his or her elbows out and away from the body?

Can employees keep their hands or wrists in a neutral position when they are working?

Are mechanical assists available to the worker performing materials-handling tasks?

Can the task be done without having to stoop the neck and shoulders to view the work?

Are pressure points on body parts such as wrists, forearms, backs of thighs avoided?

Can the work be done using the larger muscles of the body?

Are there sufficient rest breaks, in addition to scheduled rest breaks, to relieve stress from repetitive-motion tasks?

Are tools, instruments, and machinery shaped, positioned, and handled so that tasks can be performed comfortably?

Are all pieces of furniture adjusted, positioned, and arranged to minimize strain on the body?

Are lifts confined within the knuckle-to-shoulder zone?

Is work arranged so that workers are not required to lift and carry too much weight?

If workers have to push or pull objects using great amounts of force, are mechanical aids provided?