Step 5: Add Force/Load Score■
If load < 11 lbs : +0■
If load 11 to 22 lbs : +1■
If load > 22 lbs: +2■
Adjust: If shock or rapid build up of force: add +1■

Step 6: Score A, Find Row in Table C■
Add values from steps 4 & 5 to obtain Score A.■
Find Row in Table C.■

Scoring:■
1 = negligible risk■
2 or 3 = low risk, change may be needed■
4 to 7 = medium risk, further investigation, change soon■
8 to 10 = high risk, investigate and implement change■
11+ = very high risk, implement change■

B. Arm and Wrist Analysis■
Step 7: Locate Upper Arm Position:■
Step 7a: Adjust...■
If shoulder is raised: +1■
If upper arm is abducted: +1■
If arm is supported or person is leaning: -1■

Step 8: Locate Lower Arm Position:■

Step 9: Locate Wrist Position:■
Step 9a: Adjust...■
If wrist is bent from midline or twisted : Add +1■

Step 10: Look-up Posture Score in Table B■
Using values from steps 7-9 above, locate score in Table B■

Step 11: Add Coupling Score■
Well fitting Handle and mid rang power grip, good: +0■
Acceptable but not ideal hand hold or coupling■
acceptable with another body part, fair: +1■
Hand hold not acceptable but possible, poor: +2■
No handles, awkward, unsafe with any body part,■
Unacceptable: +3■

Step 12: Score B, Find Column in Table C■
Add values from steps 10 &11 to obtain■
Score B. Find column in Table C and match with Score A in■
row from step 6 to obtain Table C Score.■

Step 13: Activity Score■
+1 1 or more body parts are held for longer than 1 minute (static)■
+1 Repeated small range actions (more than 4x per minute)■
+1 Action causes rapid large range changes in postures or unstable base