

## Risk Factors

## Ergonomic Training Handout

<b>Repetition</b>	Repeating the same motions every few seconds or repeating a cycle of motions involving the affected body part more than twice per minute for more than 2 consecutive hours in a workday.
	Using an input device, such as a keyboard and/or mouse, in a steady manner for more than 4 hours total in a workday.
<b>Force</b>	Lifting more than 75 pounds at any one time; more than 55 pounds more than 10 times per day; or more than 25 pounds below the knees, above the shoulders, or at arms' length more than 25 times per day
	Pushing/pulling with more than 20 pounds of initial force (e.g., equivalent to pushing a 65 pound box across a tile floor or pushing a shopping cart with five 40 pound bags of dog food) for more than 2 hours total per day
	Pinching an unsupported object weighing 2 or more pounds per hand, or use of an equivalent pinching force (e.g., holding a small binder clip open) for more than 2 hours total per day;
	Gripping an unsupported object weighing 10 pounds or more per hand, or use of an equivalent gripping force (e.g., crushing the sides of an aluminum soda can with one hand), for more than 2 hours total per day.
<b>Awkward Postures</b>	Repeatedly raising or working with the hand(s) above the head or the elbow(s) above the shoulder(s) for more than 2 hours total per day
	Kneeling or squatting for more than 2 hours total per day
	Working with the back, neck or wrists bent or twisted for more than 2 hours total per day
<b>Contact Stress</b>	Using the hand or knee as a hammer more than 10 times per hour for more than 2 hours total per day
	Using vibrating tools or equipment that typically have high vibration levels (such as chainsaws, jack hammers, percussive tools, riveting or chipping hammers) for more than 30 minutes total per day
<b>Vibration</b>	Using tools or equipment that typically have moderate vibration levels (such as jig saws, grinders, or sanders) for more than 2 hours total per day.