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# ERGONOMIC & INJURY RISK EXPOSURE CHECKLIST

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## **1** Lifting & Load Handling

- ☐ Are employees lifting items over 25 lbs repeatedly?
  - ☐ Are lifts performed more than 5 times per hour?
  - ☐ Are lifts performed above shoulder height?
  - ☐ Are lifts performed below knee height?
  - ☐ Is twisting combined with lifting?
  - ☐ Is product carried instead of rolled?
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## **2** Repetitive Motion Exposure

- ☐ Are employees rotating product manually?
  - ☐ Are employees pushing/pulling heavy loads repeatedly?
  - ☐ Are motions repeated more than 30 times per hour?
  - ☐ Is repositioning required before inspection or assembly?
  - ☐ Are wrists bent during repositioning?
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## **3** Awkward Posture Indicators

- ☐ Are operators reaching across wide surfaces?
  - ☐ Are employees leaning forward for extended periods?
  - ☐ Are products positioned too far from edge of workstation?
  - ☐ Are work surfaces mismatched in height?
  - ☐ Are operators standing on uneven surfaces?
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## **4 Force & Friction Assessment**

- ☐ Is excessive force required to move product?
  - ☐ Are surfaces dragging or sticking?
  - ☐ Are worn rollers increasing push force?
  - ☐ Are ball transfers overloaded or poorly spaced?
  - ☐ Is movement smooth in all directions?
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## **5 Manual Rotation & Alignment**

- ☐ Is product manually flipped between operations?
  - ☐ Is repositioning required before next station?
  - ☐ Are multiple employees required to rotate a single item?
  - ☐ Is manual alignment causing delays?
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## **6 Injury History & Risk Signals**

- ☐ Back strain complaints in last 12 months?
  - ☐ Shoulder or wrist complaints?
  - ☐ Workers' comp claims tied to material handling?
  - ☐ Near-miss reports involving lifting or pushing?
  - ☐ Increased fatigue at end of shift?
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## **7 Workstation Design Review**

- ☐ Are transfer surfaces flush with workstation height?
- ☐ Is there omnidirectional movement capability?

- ☐ Can product be repositioned without lifting?
  - ☐ Is workstation adjustable for different operators?
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## **8 Safety & Compliance Risk**

- ☐ Are there documented ergonomic assessments?
  - ☐ Has OSHA cited lifting or strain concerns?
  - ☐ Are engineering controls implemented or is PPE relied upon?
  - ☐ Is manual handling reduced wherever possible?
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## **9 Exposure Summary**

- ☐ Which station has the highest ergonomic risk?
- ☐ Which task requires the most manual repositioning?
- ☐ Where could mechanical assistance eliminate lifting?
- ☐ Would omnidirectional transfer reduce strain?