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ERGONOMIC & INJURY RISK EXPOSURE CHECKLIST

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?

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?

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?

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?

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?

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?

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?

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?

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?