****

|  |  |
| --- | --- |
| **1** | 🞎 Yes 🞎 No ***Heavy lifting (greater than 35#)***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **2** | 🞎 Yes 🞎 No ***Work below knee height (<15-20”)***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **3** | 🞎 Yes 🞎 No ***Work above shoulder heights (>60”)***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **4** | 🞎 Yes 🞎 No ***Static forward bending (work too low)***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **5** | 🞎 Yes 🞎 No ***Work at arm’s length (extended reaches)***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **6** | 🞎 Yes 🞎 No ***Bent wrist and/or pinching***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **7** | 🞎 Yes 🞎 No ***Heavy grip and pinch force with hands and fingers***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **8** | 🞎 Yes 🞎 No ***Winging of the arms***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **9** | 🞎 Yes 🞎 No ***Static forward head posture***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |



|  |  |
| --- | --- |
| **10** | 🞎 Yes 🞎 No ***Kneeling and prolonged standing***  🞎 Yes 🞎 No ***Frequent***  🞎 Yes 🞎 No ***> 2 hours per day*** |
| **Task(s):**  **Recommendations:** |