

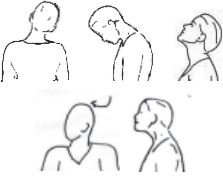
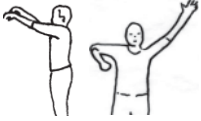




# General MSD Hazard Identification Tool

Job Title or Task		Date	
Completed By			
Space for notes/comments is provided on the back page of this checklist			

MSD Hazards - Gripping		Check if required
<b>Pinch Gripping</b> 	<ul style="list-style-type: none"> <li>• unsupported object(s)</li> <li>• difficult/tiring holding or manipulating</li> <li>• difficult/tiring squeezing to open/close</li> </ul>	
<b>Power Gripping</b> 	<ul style="list-style-type: none"> <li>• unsupported heavy object(s)</li> <li>• difficult/tiring holding and manipulating</li> <li>• difficult/tiring squeezing to open/close</li> </ul>	

MSD Hazards - Force		Check if required
<b>Lifting/Lowering</b> (consider both one and two-handed lifting/lowering)	<ul style="list-style-type: none"> <li>• object is heavy/difficult to lift/lower</li> <li>• object is lifted/lowered repeatedly</li> <li>• object is above the shoulders</li> <li>• object is below the knees</li> <li>• Object is far away from the belly button</li> <li>• loads are unstable, unbalanced, uncooperative, or unpredictable</li> <li>• lifting/lowering postures are awkward (bend, twist, kneel, reach, sit)</li> </ul>	
<b>Pushing/Pulling</b> (consider one and two-handed pushing/pulling. Also, consider whole body & arms/upper body only pushing/pulling)	<ul style="list-style-type: none"> <li>• object is hard/difficult to push/pull</li> <li>• object is pushed/pulled repeatedly</li> <li>• object is pushed with hands above the shoulders</li> <li>• object is pushed with hands below the waist</li> <li>• pushing/pulling postures are awkward (bend, twist, kneel, reach, sit)</li> </ul>	

MSD Hazards – Awkward/Fixed Posture (Do workers frequently assume these postures and/or hold them for a long time?)		Check if required
<b>Awkward Posture</b> 	• neck visibly bent forward (chin close to chest)	
	• neck visibly bent to one side (ear close to shoulder)	
	• neck twisted to either side/chin close to the shoulder	
	• neck noticeably bent back	
	• neck bent forward and chin out (head forward)	
	• hand(s) at or above the head	
	• elbow(s) at/or above the shoulder	
	• elbows/hands behind the body	
	• sitting or standing with the back noticeably bent forward, sideways, or twisted	
	• back noticeably bent backward with no support for the back	
	• squatting/kneeling while working	
	• wrist noticeably bent down or up	
	• wrist noticeably bent to the side (toward thumb/little finger)	
	• hand turned so palm faces fully up or down	
<b>Fixed Posture</b>	• sitting for long periods without standing (office work, driving, etc.)	
	• standing still on a hard surface for a long period of time	

MSD Hazards – Repetition (Do workers repetitively move the same body part – with little opportunity for recovery?)		Check if required
<b>Repetition</b>	• performing the same neck motions repeatedly	
	• performing the same shoulder motions repeatedly	
	• performing the same elbow motions repeatedly	
	• performing the same wrist motions repeatedly	
	• performing the same hand/finger motions repeatedly	
	• performing intensive keyboarding	
	• performing intensive mousing	

MSD Hazards - Other		Check if required
Repeated Impacts	<ul style="list-style-type: none"> <li>using the hand or knee as a hammer</li> </ul>	
Contact Stress	<ul style="list-style-type: none"> <li>tool handles dig into hand/palm</li> </ul>	
	<ul style="list-style-type: none"> <li>workstation/equipment edges/products dig into body (hands, forearms, trunk, thighs)</li> </ul>	
Hand-Arm Vibration	<ul style="list-style-type: none"> <li>using vibrating tools (impact wrenches, carpet strippers, chainsaws, jackhammers, scalers, riveting hammers, grinders, sanders, jig saws, jack-leg drills.)</li> </ul>	
Whole-Body Vibration	<ul style="list-style-type: none"> <li>operating mobile equipment/vehicles on rough, uneven surfaces</li> </ul>	
Cold/Hot	<ul style="list-style-type: none"> <li>work environment is cold, hand/arms are exposed to cold air</li> </ul>	

Modified from Part3A: MSD Prevention Toolbox – Getting Started  
 Developed by Occupation Health and Safety Council of Ontario (OHSCO)