H = High Risk

L = Low Risk

Critical

r i t y

Η

L

Date Prepared: February 16, 2010

Project: EC-HMQ Job: Ergonomics

Recommended Protective Clothing & Equipment:

Prepared By: Karen M. González

Reviewed By: Michael Henry

E = Extremely High Risk Probability **M** = Moderate Risk Frequent Likely Occasional Seldom Unlikely Catastrophic Ε Ε Н Н М

Н

M

Risk Assessment Code(RAC):

Н

Ε

Keyboard Wrist Pads, Mouse Wrist Pads, Proper Fitting Chairs

Frequently, Marginal

Description Description	1 37 8			>	Marginal	Н	IVI	M	L	L
Ergonomics 1. Injury to the employee due to daily activities in the office setting. 2. Eye strain 3. Stress 4. Mental fatigue 5. Carpal Tunnel Syndrome 1. Adapt a job to fit a person, do not force the person to fit the job. 2. Change position or get up and move about at regular intervals. 3. Use proper lighting and rest intervals 4. Rest or hold phone away from ear. 5. Develop outside interests to relieve stress. 6. Exercise regularly. Take regular breaks.				Se	Negligible	М	L	L	L	L
daily activities in the office setting. 2. Change position or get up and move about at regular intervals. 3. Stress 3. Use proper lighting and rest intervals 4. Mental fatigue 4. Rest or hold phone away from ear. 5. Carpal Tunnel Syndrome 5. Develop outside interests to relieve stress. 6. Exercise regularly. Take regular breaks.	JOB STEPS	HAZARDS	·							(PARA
7. Use proper equipment, techniques, and rest intervals.	Ergonomics	daily activities in the office setting. 2. Eye strain 3. Stress 4. Mental fatigue	 th Clab Use Res Destrict Ext Use 	hang hang oout se p est c evel ress xerc	ge position or ge at regular intervarions and an area of the control of the contr	ob. et up and n vals. and rest intervay from e ests to reli ake regula	nove ervals ear. eve ur breaks.			