

ACTIVITY HAZARDS ANALYSIS

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Project: EC-HMQ

Job: Ergonomics

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Risk Assessment Code(RAC):

H

E = Extremely High Risk
 H = High Risk
 M = Moderate Risk
 L = Low Risk

		P r o b a b i l i t y				
		Frequent	Likely	Occasional	Seldom	Unlikely
S e v e r i t y	Catastrophic	E	E	H	H	M
	Critical	E	H	H	M	L
	Marginal	H	M	M	L	L
	Negligible	M	L	L	L	L

Recommended Protective Clothing & Equipment:

Keyboard Wrist Pads, Mouse Wrist Pads, Proper Fitting Chairs

Frequently, Marginal

JOB STEPS	HAZARDS	ACTIONS TO ELEMIMATE OR MINIMIZE HAZARDS	EM 385-1-1 (PARA REF)
Ergonomics	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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. 7. Use proper equipment, techniques, and rest intervals. 	