

Non-Mandatory Appendix C to §1910.900: Physical Work Activities and Conditions and the Ergonomic Risk Factors that may be Present.

PHYSICAL WORK ACTIVITIES AND CONDITIONS	ERGONOMIC RISK FACTORS THAT MAY BE PRESENT
(1) Exerting considerable physical effort to complete a motion	(i) Force (ii) Awkward postures (iii) Contact stress
(2) Doing same motion over and over again	(i) Repetition (ii) Force (iii) Awkward postures (iv) Cold temperatures
(3) Performing motions constantly without short pauses or breaks in between	(i) Repetition (ii) Force (iii) Awkward postures (iv) Static postures (v) Contact stress (vi) Vibration
(4) Performing tasks that involve long reaches	(i) Awkward postures (ii) Static postures (iii) Force
(5) Working surfaces are too high or too low	(i) Awkward postures (ii) Static postures (iii) Force (iv) Contact stress
(6) Maintaining same position or posture while performing tasks	(i) Awkward posture (ii) Static postures (iii) Force (iv) Cold temperatures
(7) Sitting for a long time	(i) Awkward posture (ii) Static postures (iii) Contact stress
(8) Using hand and power tools	(i) Force (ii) Awkward postures (iii) Static postures (iv) Contact stress (v) Vibration (vi) Cold temperatures
(9) Vibrating working surfaces, machinery or vehicles	(i) Vibration (ii) Force (iii) Cold temperatures

PHYSICAL WORK ACTIVITIES AND CONDITIONS	ERGONOMIC RISK FACTORS THAT MAY BE PRESENT
(10) Workstation edges or objects press hard into muscles or tendons	(i) Contact stress
(11) Using hand as a hammer	(i) Contact stress (ii) Force
(12) Using hands or body as clamp to hold object while performing tasks	(i) Force (ii) Static postures (iii) Awkward postures (iv) Contact stress
(13) Gloves are bulky, too large or too small	(i) Force (ii) Contact stress

PHYSICAL WORK ACTIVITIES AND CONDITIONS	ERGONOMIC RISK FACTORS THAT MAY BE PRESENT
PHYSICAL WORK ACTIVITIES AND CONDITIONS - MANUAL HANDLING (lifting/lowering, pushing/pulling and carrying)	ERGONOMIC RISK FACTORS THAT MAY BE PRESENT
(14) Objects or people moved are heavy	(i) Force (ii) Repetition (iii) Awkward postures (iv) Static postures (v) Contact stress
(15) Horizontal reach is long (Distance of hands from body to grasp object to be handled)	(i) Force (ii) Repetition (iii) Awkward postures (iv) Static postures (v) Contact stress
(16) Vertical reach is below knees or above the shoulders (Distance of hands above the ground when the object is grasped or released)	(i) Force (ii) Repetition (iii) Awkward postures (iv) Static postures (v) Contact stress
(17) Objects or people are moved significant distance	(i) Force (ii) Repetition (iii) Awkward postures (iv) Static postures (v) Contact stress
(18) Bending or twisting during manual handling	(i) Force (ii) Repetition (iii) Awkward postures (iv) Static postures
(19) Object is slippery or has no handles	(i) Force (ii) Repetition (iii) Awkward postures (iv) Static postures
(20) Floor surfaces are uneven, slippery or sloped	(i) Force (ii) Repetition (iii) Awkward postures (iv) Static postures