



The following matrix offers a basic guide to all included assessment tools within the **Ergoweb Enterprise™** ergonomics software system. It is used when deciding what tool to select when assessing risk. Please refer to the Help sections that accompany each assessment tool to learn more about each method's capabilities and limitations at estimating risk.

ASSESSMENT TOOL	APPLICABLE TASKS	APPLICABLE BODY AREAS						RISK FACTORS CONSIDERED			
		Hand / Wrist	Lower Arm / Elbow	Upper Arm / Shoulder	Head / Neck	Back	Legs	Force	Posture	Frequency / Repetition	Exposure / Duration
2D Static Biomechanical Model	Lifting / Lowering Pushing / Pulling	Red Octagon	Green Circle	Green Circle	Red Octagon	Green Circle	Green Circle	Green Circle	Green Circle	Red Octagon	Red Octagon
AAMA Metabolic / Physiological Assessment Method	Certain Manual Material Handling Tasks	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Green Circle	Yellow Triangle	Green Circle	Green Circle
ACGIH Hand Activity Level	Hand Intensive Tasks	Green Circle	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Green Circle	Yellow Triangle	Yellow Triangle	Yellow Triangle
ACGIH Upper Limb Localized Fatigue	Hand or Arm Intensive Work	Green Circle	Green Circle	Green Circle	Red Octagon	Red Octagon	Red Octagon	Green Circle	Green Circle	Yellow Triangle	Green Circle
Liberty Mutual Tables - Carrying	Carrying	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Green Circle	Yellow Triangle	Green Circle	Yellow Triangle
Liberty Mutual Tables - Grip Strength	Gripping With Wrist Flexion or Extension	Green Circle	Yellow Triangle	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Green Circle	Green Circle	Green Circle	Yellow Triangle
Liberty Mutual Tables - Lifting / Lowering	Lifting / Lowering	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Green Circle	Yellow Triangle	Green Circle	Yellow Triangle
Liberty Mutual Tables - Pushing / Pulling	Pushing / Pulling	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Yellow Triangle	Green Circle	Yellow Triangle	Green Circle	Yellow Triangle
Modified Garg Metabolic Tool	Any Task	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Red Octagon	Green Circle	Yellow Triangle	Green Circle	Green Circle
Ohio BWC/OSU Push - Pull Guidelines	Pushing / Pulling	Red Octagon	Red Octagon	Green Circle	Red Octagon	Green Circle	Red Octagon	Green Circle	Yellow Triangle	Yellow Triangle	Yellow Triangle
Rapid Entire Body Assessment (REBA)	Any Task	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle	Yellow Triangle	Green Circle	Yellow Triangle	Yellow Triangle
Revised NIOSH Lifting Equation	Lifting / Lowering	Yellow Triangle	Yellow Triangle	Yellow Triangle	Red Octagon	Green Circle	Yellow Triangle	Green Circle	Yellow Triangle	Green Circle	Green Circle
Rogers / Kodak Muscle Fatigue Analysis	Any Task	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle	Green Circle

 = Body Region or Risk Factor is a **primary focus** that is directly considered

 = Body Region or Risk Factor is a **secondary focus** that is indirectly considered

 = Body Region or Risk Factor is **NOT** considered

ASSESSMENT TOOL	APPLICABLE TASKS	APPLICABLE BODY AREAS						RISK FACTORS CONSIDERED			
		Hand / Wrist	Lower Arm / Elbow	Upper Arm / Shoulder	Head / Neck	Back	Legs	Force	Posture	Frequency / Repetition	Exposure / Duration
RULA (Rapid Upper Limb Assessment)	Any Task	●	●	●	●	●	●	▲	●	▲	■
Shoulder Moment Estimation	Lifting / Lowering	■	■	●	■	■	■	●	●	■	■
Strain Index	Hand Intensive Tasks	●	▲	■	■	■	■	●	●	●	●

● = Body Region or Risk Factor is a **primary focus** that is directly considered

▲ = Body Region or Risk Factor is a **secondary focus** that is indirectly considered

■ = Body Region or Risk Factor is **NOT** considered

Additional Resources Available

Ergoweb® is always striving to provide tools that will ultimately improve every employee's ability to perform at his or her best. As part of our Ergoweb Enterprise™ cloud solution, we offer an extensive set of ergonomics assessment analysis methods, guided measurement worksheets, a full program of strengthening exercises, and personalized remote and onsite ergonomics training and consulting.

To learn more, please consult your subscription program or contact us today for your free ergonomics consultation.

