

Table W-1 – Basic Screening Tool

You need only review risk factors for those areas of the body affected by the MSD incident.

Risk Factor This Standard Covers	Performing Jobs or tasks that involve:	Body Part Associated with MSD Incident			
		Neck/ Shoulder	Hand/ Wrist/ Arm	Back/ Trunk/ Hip	Leg/ Knee/ Ankle
Repetition	(1) Repeating the same motions every few seconds or repeating a cycle of motions involving the affected body part more than twice per minute for more than 2 consecutive hours in a workday.	√	√	√	√
	(2) Using an input device, such as a keyboard and/or mouse for more than 4 hours total in a workday.	√	√		
Force	(3) Lifting more than 75 pounds at a any one time; more than 55 pounds more than 10 times per day; or more than 25 pounds below the knees, above the shoulders, or at arms length more than 25 times per day.	√	√	√	√
	(4) Pushing/ pulling with more than 20 pounds of initial force (e.g., equivalent to pushing a 65 pound box across a tile floor or pushing a shopping cart with five 40 pound bags of dog food.) for more than 2 hours total per day.	√	√	√	√
	(5) Pinching an unsupported object weighing 2 or more pounds per hand, or use of an equivalent pinching force (e.g., holding a small binder clip open) for more than 2 hours total per day.		√		
	(6) Gripping an unsupported object weighing 10 pounds or more per hand, or use of an equivalent gripping force (e.g., crushing the sides of an aluminum soda can with one hand) for more than 2 hours total per day.		√		

Note: This table comes from the vacated OSHA standard 29 CFR 1910.900 and is provided for informational purposes only.