

**As a regular part of their jobs, do workers do any of the following?:**

## Heavy, Awkward, or Frequent Lifting

- Lifting something that weighs more than 50 pounds.
- Lifting something that weighs more than 25 pounds:
  - below the knees,
  - above the shoulders,
  - while reaching out,
 more than 25 times per day.
- Lifting something that weighs more than 10 pounds, more than twice per minute for more than 2 hours per day.



## Carrying, Pushing and Pulling

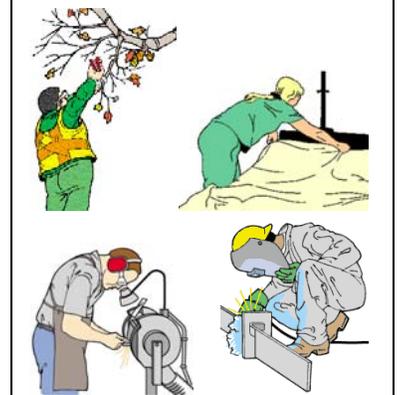
- Carrying heavy things or carrying over long distances.
- Pushing with strong effort.
- Pulling with strong effort.



## Awkward Postures

More than 2 hours per day:

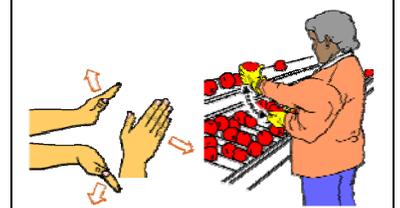
- Working with the hands above the head, or the elbows above the shoulders.
- Working with the back bent forward more than 30°.
- Working with the neck bent more than 30°.
- Kneeling or squatting.
- Bending the wrists more than 30° in any direction, when combined with Hand Force or Repetitive Motions.



## Repetitive Motions

More than 2 hours per day:

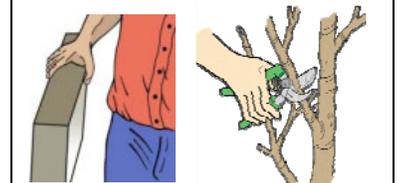
- Repeating the same motion with little or no change every few seconds.



## High Hand Force

More than 2 hours per day:

- Gripping with the tips of the fingers something that weighs 2 or more pounds, or pinching with more than 4 pounds of force.
- Gripping with the whole hand something that weighs 10 or more pounds, or gripping with more than 10 pounds of force.



## Hand-Arm Vibration

More than 30 minutes per day:

- Using tools with high vibration levels (impact wrenches, chain saws, chipping hammers, and so on).

More than 2 hours per day:

- Using tools with moderate vibration levels (grinders, sanders, jig saws, and so on).

