

Washington State WISHA Screening Tool (Modified)

Job	Date
Notes	Analyst(s)

Reading across the page, determine if any of the conditions are present in the work activities. For many of the risk factors, two conditions are presented, which are the indicators for Caution and Hazard. Most of the conditions are based on duration. If the lower threshold condition is not met, no box is checked. If the lower condition is met but the higher is not, then Caution is checked. If the higher condition is met (generally a longer period of time), then Hazard is checked.

If only Caution boxes are checked, some risk is present. It is worthwhile to continue to monitor Caution level jobs for changes that might increase the risk and for the occurrence of injuries or symptoms.

If one or more Hazard boxes are checked, a work-related musculoskeletal disorder (WMSD) hazard exists, and immediate action (further analysis or intervention) is recommended.

The checklist is divided into four body zones

- Low Back
- Hand and Wrist
- Neck and Shoulder
- Knee

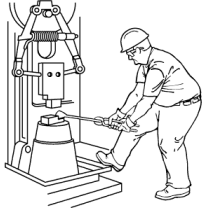
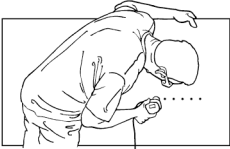
Note: Washington State Department of Labor and Industries published two checklists (Caution Zone and Hazard Zone). This checklist is an attempt by a third party to combine the lists. See www.lni.wa.gov/Safety/Topics/Ergonomics/ServicesResources/Tools/ for more information. WISHA is the Washington Industrial Safety and Health Act.

Low Back Posture





Overall: None

Caution

Hazard

Working with the back bent forward more than 30° (without support or the ability to vary posture)		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 4 hours total per day	Hazard <input type="checkbox"/>
Working with the back bent forward more than 45° (without support or the ability to vary posture)		More than 1 hour total per day.	Caution <input type="checkbox"/>
		More than 2 hours total per day	Hazard <input type="checkbox"/>

Weight/Force

Lifting object weighing more than 75 pounds		One or more times per day	Hazard <input type="checkbox"/>
Lifting object weighing more than 55 pounds		More than 10 times per day	Caution <input type="checkbox"/>
		More than 20 times per day	Hazard <input type="checkbox"/>
Lifting objects weighing above the shoulders, below the knees or at arms length more than 25 times per day		More than 10 pounds	Caution <input type="checkbox"/>
		More than 20 pounds	Hazard <input type="checkbox"/>
Lifting objects weighing more than 10 pounds if done more than twice per minute		More than 2 hours total per day	Caution <input type="checkbox"/>
		More than 4 hours total per day	Hazard <input type="checkbox"/>


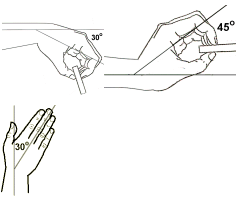
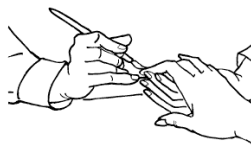
Hands and Wrists

Overall: None


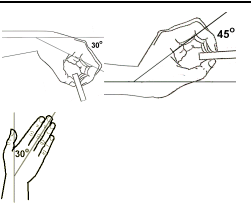
Caution

Hazard

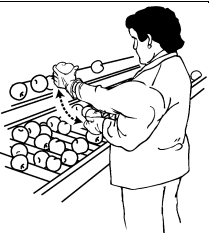
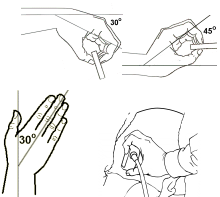
Pinch Grip

Pinching an unsupported object(s) weighing 2 or more pounds per hand, or pinching with a force of 4 or more pounds per hand		More than 2 hours total per day.	<input type="checkbox"/>	Caution
		More than 4 hours total per day	<input type="checkbox"/>	Hazard
Pinching Caution plus wrist deviation		More than 3 hours total per day	<input type="checkbox"/>	Hazard
Pinching Caution plus highly repetitive motion		More than 3 hours total per day	<input type="checkbox"/>	Hazard


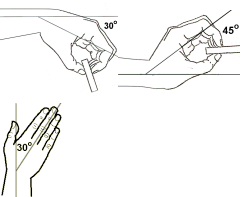
Grasp Grip

Gripping an unsupported object(s) weighing 10 or more pounds per hand, or gripping with a force of 10 or more pounds per hand (comparable to clamping light duty automotive jumper cables)		More than 2 hours total per day.	<input type="checkbox"/>	Caution
		More than 4 hours total per day	<input type="checkbox"/>	Hazard
Gripping Caution plus wrist deviation		More than 3 hours total per day	<input type="checkbox"/>	Hazard
Gripping Caution plus highly repetitive motion		More than 3 hours total per day	<input type="checkbox"/>	Hazard

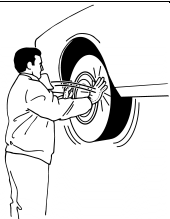
Repetitive Motion of Hands

Repeating the same motion with the elbows, wrists, or hands (excluding keying activities) with little or no variation every few seconds		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 6 hours total per day	Hazard <input type="checkbox"/>
Repetition Caution plus high, forceful exertions with the hand(s) and wrist deviation		More than 2 hours total per day	Hazard <input type="checkbox"/>

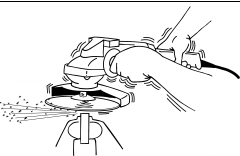
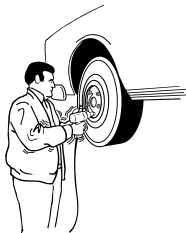
Keying

Intensive keying		More than 4 hours per day	Caution <input type="checkbox"/>
		More than 7 hours per day	Hazard <input type="checkbox"/>
Intensive keying with wrist deviations		More than 4 hours per day	Hazard <input type="checkbox"/>

Hand Impacts

Using the hand (heel/base of palm) as a hammer more than 2 hours per day		More than 10 times per hour	Caution <input type="checkbox"/>
		More than 1 time per minute	Hazard <input type="checkbox"/>

Hand-Arm Vibration


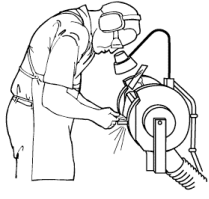
Using grinders, sanders, jigsaws or other hand tools that typically have moderate vibration levels		More than 2 hours per day	Caution <input type="checkbox"/>
		More than 4 hours per day	Hazard <input type="checkbox"/>
Using impact wrenches, carpet strippers, chain saws, percussive tools (jack hammers, scalers, riveting or chipping hammers) or other tools that typically have high vibration levels		More than 30 minutes per day	Caution <input type="checkbox"/>
		More than 1 hour per day	Hazard <input type="checkbox"/>

**Neck and Shoulder
Neck Posture**



Overall: None

Caution


Hazard

Working with the neck bent more than 30 degrees (without support and without the ability to vary posture)		More than 2 hours total per day.	Caution <input type="checkbox"/>
Working with the neck bent more than 45° (without support or the ability to vary posture)		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 4 hours total per day	Hazard <input type="checkbox"/>

Shoulder Posture

Working with the hand(s) above the head, or the elbows above the shoulders		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 4 hours total per day	Hazard <input type="checkbox"/>
Repeatedly raising the hand(s) above the head, or the elbow(s) above the shoulder(s) more than once per minute		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 4 hours total per day	Hazard <input type="checkbox"/>

Repetitive Motion of Shoulder



Repeating the same motion with the neck or shoulders with little or no variation every few seconds		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 6 hours total per day	Hazard <input type="checkbox"/>

Knee Posture


Overall: None

Caution

Hazard

Squatting		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 4 hours total per day	Hazard <input type="checkbox"/>
Kneeling		More than 2 hours total per day.	Caution <input type="checkbox"/>
		More than 4 hours total per day	Hazard <input type="checkbox"/>

Knee Impacts

Using the knee as a hammer more than 2 hours per day		More than 10 times per hour	Caution <input type="checkbox"/>
		More than 1 time per minute	Hazard <input type="checkbox"/>