

Question	Yes	No
Are the weights of loads to be lifted judged acceptable by workers?	<input type="checkbox"/>	<input type="checkbox"/>
Are lifting tasks analyzed so that materials are moved manually over minimum distances?	<input type="checkbox"/>	<input type="checkbox"/>
Is the distance between the object load and the body minimized?	<input type="checkbox"/>	<input type="checkbox"/>
Are walking surfaces level, wide enough, clean, and dry?	<input type="checkbox"/>	<input type="checkbox"/>
Are objects easy to grasp, stable, and able to be held without slipping?	<input type="checkbox"/>	<input type="checkbox"/>
Are there handholds on the objects?	<input type="checkbox"/>	<input type="checkbox"/>
When required, do gloves fit properly?	<input type="checkbox"/>	<input type="checkbox"/>
Is the proper footwear worn?	<input type="checkbox"/>	<input type="checkbox"/>
Will there be enough room to maneuver while lifting the load?	<input type="checkbox"/>	<input type="checkbox"/>
Are mechanical aids used in lifting the load, whenever possible?	<input type="checkbox"/>	<input type="checkbox"/>
Are working surfaces adjustable to the best handling heights?	<input type="checkbox"/>	<input type="checkbox"/>
Does material handling avoid movements below knuckle height and above shoulder height?	<input type="checkbox"/>	<input type="checkbox"/>
Does material handling avoid static muscle loading?	<input type="checkbox"/>	<input type="checkbox"/>
Does material handling avoid sudden movements during handling?	<input type="checkbox"/>	<input type="checkbox"/>
Does material handling avoid twisting at the waist?	<input type="checkbox"/>	<input type="checkbox"/>
Does material handling avoid extended reaching?	<input type="checkbox"/>	<input type="checkbox"/>
Is help available for heavy or awkward lifts?	<input type="checkbox"/>	<input type="checkbox"/>
Are high rates of repetition avoided by job rotation, self-pacing, or sufficient pauses?	<input type="checkbox"/>	<input type="checkbox"/>
Are pushing or pulling forces reduced or eliminated?	<input type="checkbox"/>	<input type="checkbox"/>
Does the worker have an unobstructed view of the task?	<input type="checkbox"/>	<input type="checkbox"/>
Are workers trained in correct handling and lifting procedures?	<input type="checkbox"/>	<input type="checkbox"/>