

Abattoir: All

Ergonomics work activity checklist								
head	straight	10	tilted back	10	bent sideways	8	rotated sideways	1
neck	bent forward	10	tilted back	10	bent sideways	10	rotated sideways	2
body	bent forward	10	bent backward	0	tuned sideways	10	rotated	7
shoulders	faced forward	10	tilted sideways	9	left side higher & right side lower	9	right side higher & left side lower	9
arms	bent at elbow	10	lower than shoulder	10	higher than shoulder	10	reaching or stretching	10
hands	grip type	10	repetitive movement	10	radial deviation	10	ulnar deviation	10
wrist	pronated position (palm down)	10	supinated position (palm up)	2	extended or flexed (bent from midline - sideways or up and down)	9	radial or ulnar deviation (twisted or turned wrist)	10
legs	apart (balanced stance)	10	weight shifted to one leg	10	one leg bent	10	both legs bent	9
feet	flat	10	heels lifted	5	standing on toes	0	standing for long periods	10