

Body position deviates significantly from neutral position i.e. twisting, bending, over reaching, hand above head, elbow above shoulder etc.

1

AKWARD
POSTURE

FORCEFUL &
SUSTAINED
EXERTIONS

Use of high level of force while transporting or supporting load i.e. lifting, lowering, pushing, pulling, carrying and moving load using hand.

2

VIBRATION

STATIC &
SUSTAINED
POSTURE

REPETITIVE
MOTION

ERGONOMIC HAZARDS

5

Whole Body: vibration transmitted through seat or feet to entire body of receiver

Hand Arm: exposure of the receiver's hand from vibrating of hand held power tools.

ENVIRONMENTAL

CONTACT
STRESS

Repeated movement of the same groups of joints / muscles too frequent and quickly over long duration of period (cycle time is 30 seconds).

3

Minimal/ restricted/ no movement of the body over a prolonged period.

Prolonged standing: > 2 hours
Prolonged sitting: > 30 minutes

4

Stressful factor of nature that affect human comfort i.e. thermal, illumination, noise & atmospheric pressure.

7

6

Internal: condition when tendon, nerves or blood vessel is stretched or bent around a bone.

External: condition when part of the body rubs against any hard or sharp objects.