



OSHA Ergonomic Assessment Checklist

Z.A.C. Incorporation / 19 Jul 2023 / Z.A.C. Incorporation /
Production Department / Martin Dawson

Complete

Score	12 / 18 (66.67%)	Flagged items	6	Actions	0
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Client / Site

Z.A.C. Incorporation

Date and Time of Assessment

19 Jul 2023 12:38 PST

Activity Assessed

Food Production

Organization

Z.A.C. Incorporation

Point of contact

Grace Joan Tan

Personnel observed

Production Department

Assessed by

Martin Dawson

Location

83MF+7M Galston NSW, Australia
(-33.6667946, 151.0741641)

Flagged items

6 flagged

Assessment / Risk Factors

Any of the workers previously diagnosed with any of the following CTD's: Carpal tunnel, Tendonitis, Tenosynovitis, De Quervain's disease, Trigger Finger, White finger, Hand Arm Segmental Vibration Syndrome, Muscle strains, or Back ailments?

Yes

Specifically back pain, and muscle strains on the legs.

Assessment / Risk Factors

Any worker complaints concerning ergonomic issues?

Yes

Specifically back pain, and muscle strains on the legs.

Assessment / Risk Factors

Do employees perform high repetition tasks? (100 reps/hour to 2000 per/day)

Yes

Assessment / Risk Factors

Do employees perform tasks that require awkward back angles to be held for extended periods of time (2 to 3 hours)? [i.e...hunching, bending, or squatting]

Yes



Photo 1

Assessment / Risk Factors

Do employees perform tasks with an awkward back/hip flexion angle for an extended period of time (1 to 3 hours) or with extreme force application?

Yes

Assessment / Risk Factors

Do employees perform tasks with an odd workstation height (either standing or sitting) for an extended period of time (1-3 hours) or with extreme force application?

Yes

Standing for an expected period of time

Assessment	6 flagged, 12 / 18 (66.67%)
Risk Factors	6 flagged, 12 / 18 (66.67%)
Any of the workers previously diagnosed with any of the following CTD's: Carpal tunnel, Tendonitis, Tenosynovitis, De Quervain's disease, Trigger Finger, White finger, Hand Arm Segmental Vibration Syndrome, Muscle strains, or Back ailments? Specifically back pain, and muscle strains on the legs.	Yes
Any worker complaints concerning ergonomic issues? Specifically back pain, and muscle strains on the legs.	Yes
Do employees perform high repetition tasks? (100 reps/hour to 2000 per/day)	Yes
Do the employee's routine tasks require repeated heavy lifting? (>20 lbs) or occasional heavy lifting (>50 lbs)	No
Are employees using awkwardly designed tools, which cause the worker to operate the tool outside of a neutral position for an extended period of time? (> 1 hour)	No
Do employees perform tasks with an awkward head or neck position for an extended period of time? (1 to 3 hours)	No
Do employees perform tasks that require awkward back angles to be held for extended periods of time (2 to 3 hours)? [i.e....hunching, bending, or squatting]  Photo 1	Yes
Do employees perform tasks with an awkward elbow angle for an extended period of time (1 to 3 hours) or with extreme force application?	No
Do employees perform tasks with an awkward elbow abduction angle for an extended period of time (1 to 3 hours) or with extreme force application?	No
Do employees perform tasks with an awkward wrist flexion angle for an extended period of time (1 to 3 hours) or with extreme force application?	No
Do employees perform tasks with an awkward wrist extension angle for an extended period of time (1 to 3 hours) or with extreme force application?	No

Do employees perform tasks with an awkward back/hip flexion angle for an extended period of time (1 to 3 hours) or with extreme force application?	Yes
Do employees perform tasks with an extreme reaching distance for an extended period of time (1 to 3 hours) or with extreme force application?	No
Do employees perform tasks with an odd workstation height (either standing or sitting) for an extended period of time (1-3 hours) or with extreme force application?	Yes
Standing for an expected period of time	
Are high impact tools used routinely? [i.e., riveters, bucking bars, or impact wrenches]	No
Are high vibration producing tools used routinely? [i.e., die grinders, sanders, weed eaters]	No
Do employees perform tasks at an extreme height (high or low) for an extended period of time (1 to 3 hours) or with extreme force application?	No
Are there any other areas of concern either from your observations or employee complaints?	No
Completion	
Overall Assessment (Risk Level)	Medium

Recommendation

To lower the complaints regarding back and leg pain:

- 1) set the desk at an appropriate height for the work. (I've attached a reference); if not possible you can also
- 2) provide seats, or organize an exchange system so that the employees don't stand more than required.

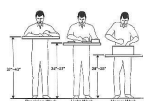


Photo 2

Name and Signature of the Assessor

Martin Dawson
19 Jul 2023 13:02 PST

Name and Signature of the Reviewer

Hannah Simmons
19 Jul 2023 13:03 PST

Media summary



Photo 1

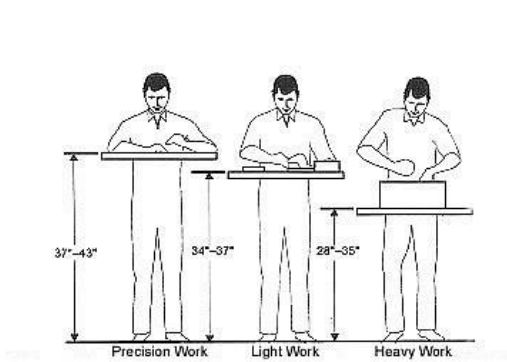


Photo 2