

Construction Ergonomics Checklist

To be filled out and updated jointly by contractors and union reps — every 2 weeks or as a site changes. This document is intended to help develop an “eye” for ergonomic problems and prevent injuries.

/ / Site _____ General contractor _____ Union rep _____
(Date)

Subcontractor _____ Signature _____
(Person filling out this form)

On what jobs do workers have to lift overhead?

How can this lifting be avoided?

Are materials stored at floor or ground level?

Yes No

If yes, do workers have to bend down to lift materials?

Yes No

Can the materials be stored at waist height?

Yes No

als?

Yes No

Repetitive work

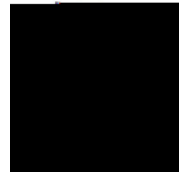
Which tasks or jobs use the same motion dozens of times an hour for more than 1 hour per day?

What are the motions?

Can the number of repetitions be reduced by job rotation or rest breaks? Yes No

Awkward postures

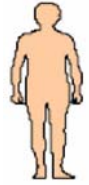
Which tasks involve work above the shoulders for more than 1 hour a day?



Can scaffolds, platforms, or other equipment cut down on the need to work overhead? Yes No

Standing

What jobs require workers to stand all day, especially on concrete floors?



Can anti-fatigue matting be used?

Yes No

Is it possible to use adjustable stools to allow workers to rest now and then?

Yes No

Surface for walking and working

Are working and walking surfaces clean and dry?

Yes No

Are the surfaces unobstructed?

Yes No

Are the surfaces even?

Yes No

Seating

What jobs require sitting all day?



Are the seats well-designed, easy to adjust, and comfortable?

Yes No

In heavy equipment, do workers have to lean forward to see/do their work?

Yes No

Does the seating in any heavy equipment vibrate a lot?

Yes No

Production pressures

Do any workers work piece rate? Yes No

Have supervisors or workers been under production pressures that could lead to shortcuts and injuries? Yes No

How could this problem be reduced?

More rest breaks? _____

More safety meetings? _____

A special safety rep on site? _____

Other _____

Training

What training have workers had on ergonomics — preventing musculoskeletal disorders?

What training have supervisors had on ergonomics — preventing musculoskeletal disorders?



Musculoskeletal symptoms

Do workers feel free to report symptoms? Yes No

Have any workers been reporting muscle pain, tingling, numbness, loss of strength, or loss of joint movement? Yes No

If yes, where?

Back____ Neck____ Shoulder____ Arm____ Wrist____ Knee____

Which trades have the most problems?

And what may be the main cause(s)?

Repetitive motion _____

Awkward postures _____

Fixed postures _____

Heavy lifting _____

Not enough rest breaks _____

Other _____

Do workers often appear exhausted at the end of the day? Yes No

