If posture mainly static (i.e. held for longer than 1 minute) or; If wrist is bent from the midline: +1 If twist at or near end of twisting range = 2 If wrist is twisted mainly in mid-range =1; analysis is used to find the row on Table C

Use values from steps 1,2,3 & 4 to locate Posture Score in table A

If more than 10 kg load or repeated or shocks: +3
If 2 kg to 10 kg (static or repeated): +2;
If 2 kg to 10 kg (intermittent): +1;
If load less than 2 kg (intermittent): +0;
If arm out to side of body: +1
If upper arm is abducted: +1;
If arm is working across midline of the body: +1;
If shoulder is raised: +1;
If trunk is twisted: +1; If trunk is side-bending: +1

Use values from steps 8,9,& 10 to locate Posture Score in Table B

Step 9: Locate Neck Position
Step 10: Locate Trunk Position
Step 11: Legs

Step 12: Look-up Posture Score in Table B

Step 13: Add Muscle Use Score
If posture mainly static or; If action 4/minute or more: +1

Step 14: Add Force/load Score
If load less than 2 kg (intermittent): +0;
If 2 kg to 10 kg (intermittent): +1;
If 2 kg to 10 kg (static or repeated): +2;
If more than 10 kg load or repeated or shocks: +3

Step 15: Find Column in Table C
The completed score from the Neck/Trunk & Leg analysis is used to find the column on Chart C

FINAL SCORE: 1 or 2 = Acceptable; 3 or 4 investigate further; 5 or 6 investigate further and change soon; 7 investigate and change immediately


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