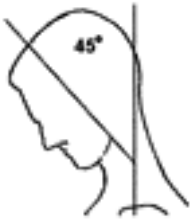
WMSD Hazard Sample Worksheet

WAC 296-62-05174 Appendix B: Criteria for analyzing and reducing WMSD hazards for employers who choose the Specific Performance Approach.

For each "caution zone job" find any physical risk factors that apply. Reading across the page, determine if all of the conditions are present in the work activities. If they are, a WMSD hazard exists and must be reduced below the hazard level or to the degree technologically and economically feasible (see WAC 296-62-05130(4), specific performance approach).

Awkward Posture				Check (✓) here if this is a WMSD hazard
Body Part	**Physical Risk Factor**	**Duration**	**Visual Aid**	
Shoulders	Working with the hand(s) above the head or the elbow(s) above the shoulder(s)	More than 4 hours total per day		❑
	Repetitively raising the hand(s) above the head or the elbow(s) above the shoulder(s) more than once per minute	More than 4 hours total per day		❑
Neck	Working with the neck bent more than 45º (without support or the ability to vary posture)	More than 4 hours total per day		❑
Back	Working with the back bent forward more than 30º (without support, or the ability to vary posture)	More than 4 hours total per day		❑
	Working with the back bent forward more than 45º (without support or the ability to vary posture)	More than 2 hours total per day		❑

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Awkward Posture (continued)				Check (✓) here if this is a WMSD hazard
Body Part	**Physical Risk Factor**	**Duration**	**Visual Aid**	
Knees	Squatting	More than 4 hours total per day		❑
	Kneeling	More than 4 hours total per day		❑ ❑

Source: Washington State Department of Labor and Industries, Olympia.