

## Construction Ergonomics Checklist


### The Center To Protect Workers' Rights

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)

### Materials handling

|  |   |
|--|---|
| <p>What heavy materials or equipment are being handled on site — drywall, rebar, concrete forms, anything over 20 pounds?</p>  |   |
|   |   |
| <p>Do any workers have to lift more than 50 pounds at one time without help?</p>   | <p>Yes___ No___</p>                                   |
| <p>Do workers have to lift more than 20 pounds often?<br/><b>If yes</b>, how can this be changed?</p>  | <p>Yes___ No___</p>                                   |
| <p>Are there handles to help carry materials?<br/><b>If yes</b>, are the handles easy to use and comfortable?</p>  | <p>Yes___ No___<br/>Yes___ No___</p>                  |
| <p>Are workers told to get someone's help to lift heavy materials?<br/>Are there carts, dollies, or other aids readily available for moving materials?<br/><b>If yes</b>, are the carts being used?<br/><b>If no</b>, why not?</p> | <p>Yes___ No___<br/>Yes___ No___<br/>Yes___ No___</p> |
| <p><b>If no</b>, is the site clear enough to permit the use of carts?</p>  | <p>Yes___ No___</p>                                   |
| <p>Are materials delivered as close as possible to where they will be used?<br/><b>If no</b>, how can this be changed?</p>   | <p>Yes___ No___</p>                                   |

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\_\_\_

On which tasks do workers have to stretch to pick up or lift materials?

Can the materials be kept closer? Yes\_\_\_ No\_\_\_

## Tools

Are tools sharp and in good condition? Yes\_\_\_ No\_\_\_

Which tools are very heavy or not well balanced?

Which tools vibrate too much?



Which tools must be used while in a difficult position?

Which tools have poor handle design?

- grips too big or too small?
- handles that are too short and dig into hands?
- handles with ridges that dig into hands?
- slippery handles?

Which tools require bending of wrists to use?

Do gloves ever make it hard to grip tools? Yes\_\_\_ No\_\_\_

Are there other tools with a better design? Yes\_\_\_ No\_\_\_

**If yes**, what are they?

## 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\_\_\_

Which tasks or jobs involve work at floor level or on knees for more than 1 hour a day?

Are knee pads or cushions available and are they used? Yes\_\_\_ No\_\_\_

Can equipment be used to reduce kneeling? Yes\_\_\_ No\_\_\_

Which jobs require workers to stay in one position for a long time?


Can rotation or rest breaks be used to reduce time in awkward postures? Yes\_\_\_ No\_\_\_

Which jobs require a lot of twisting or turning?

Which jobs require a lot of bending?

How can the need to twist or bend be reduced?

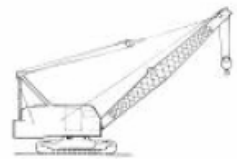
## Standing

|  |   |
|--|---|
| 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?<br>More rest breaks? _____<br>More safety meetings? _____<br>A special safety rep on site? _____<br>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___ |
| <b>If yes, where?</b><br>Back___ Neck___ Shoulder___ Arm___ Wrist___ Knee___  |              |
| Which trades have the most problems?  |              |
| And what may be the main cause(s)?<br>Repetitive motion _____<br>Awkward postures _____<br>Fixed postures _____<br>Heavy lifting _____<br>Not enough rest breaks _____<br>Other _____ |              |
| Do workers often appear exhausted at the end of the day?  | Yes___ No___ |

## Solutions

What jobs on site are the most hazardous for musculoskeletal injuries?

### Most hazardous jobs for musculoskeletal injuries

- 1.
- 2.
- 3.
- 4.
- 5.

What has been done to get worker ideas to help reduce musculoskeletal injuries on the job?

What can be done working together to reduce these injuries?

What can be done to reduce the hazards or make the jobs easier?

### Proposed solutions

Most effective

Easiest to implement

Least expensive

- 1.
- 2.
- 3.
- 4.
- 5.

Least effective

Hardest to implement

Most expensive

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