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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

What heavy materials or equipment are being handled on site — drywall, rebar, concrete forms, anything over 20 pounds?



Do any workers have to lift more than 50 pounds at one time without help? Yes _____ No _____

Do workers have to lift more than 20 pounds often? Yes _____ No _____

If yes, how can this be changed?

Are there handles to help carry materials? Yes _____ No _____

If yes, are the handles easy to use and comfortable? Yes _____ No _____

Are workers told to get someone's help to lift heavy materials? Yes _____ No _____

Are there carts, dollies, or other aids readily available for moving materials? Yes _____ No _____

If yes, are the carts being used? Yes _____ No _____

If no, why not?

If no, is the site clear enough to permit the use of carts? Yes _____ No _____

Are materials delivered as close as possible to where they will be used? Yes _____ No _____

If no, how can this be changed?

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

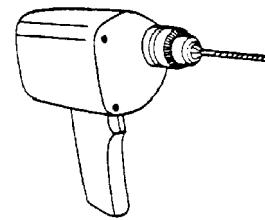
Tools

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 or jobs involve work above the shoulder more than 1 hour per 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?

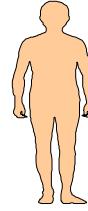


Which jobs require a lot of bending?

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 periodically?

Yes No

Surfaces for walking and working

Are working and walking surfaces clean and dry?

Yes No



Are the surfaces unobstructed?

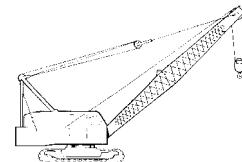
Yes No

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

Weather

Do workers have enough protection from heat, cold, rain, wind, and sun?

Yes No

Lighting

Are work areas well lit to prevent tripping and falling?

Yes No



Is there enough light to do the work?

Yes No

Are there areas where glare is a problem?

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

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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