**MSD Hazard Identification Tool**:

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| Job/Task Information | | |
| Job title or task: | | |
| Date completed: | | |
| General observations: | | |
| **MSD HAZARDS - GRIPPING** Check [✔]  if required | | |
| **Pinch Gripping** | * unsupported object(s) | ■ |
| * difficult/tiring holding or manipulating | ■ |
| * difficult/tiring squeezing to open/close | ■ |
| **Power Gripping** | * unsupported heavy object(s) | ■ |
| * difficult/tiring holding and manipulating | ■ |
| * difficult/tiring squeezing to open/close | ■ |
| **Notes:** | |
| **MSD HAZARDS - FORCE** Check [✔]  if required | | |
| **Lifting/Lowering**  (consider both one and two handed  lifting/lowering) | * object is heavy/difficult to lift/lower | ■ |
| * object is lifted/lowered repeatedly | ■ |
| * object is above the shoulders | ■ |
| * object is below the knees | ■ |
| * object is far away from the belly button | ■ |
| * loads are unstable, unbalanced, uncooperative, or unpredictable | ■ |
| * lifting/lowering postures are awkward (bend, twist, kneel, reach, sit) | ■ |
| **Notes:** | |
| **Pushing/Pulling**  (consider one and two handed pushing/pulling. Also, consider whole body & arms/upper body only pushing/pulling) | * object is hard/difficult to push/pull | ■ |
| * object is pushed/pulled repeatedly | ■ |
| * object is pushed with hands above the shoulders | ■ |
| * object is pushed with hands below the waist | ■ |
| * pushing/pulling postures are awkward (bend, twist, kneel, reach, sit) | ■ |
| **Notes:** | |

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| **MSD HAZARDS - AWKWARD/FIXED POSTURE** Check [✔]  (Do workers frequently assume these postures and/or hold them for a long time?) if present | | |
| **Awkward Posture** | * neck visibly bent forward (chin close to chest) | ■ |
| * neck visibly bent to one side (ear close to shoulder) | ■ |
| * neck twisted to either side/chin close to the shoulder | ■ |
| * neck noticeably bent back | ■ |
| * neck bent forward and chin out (head forward) | ■ |
|  | * hand(s) at or above the head | ■ |
| * elbow(s) at/or above the shoulder | ■ |
| * elbows/hands behind the body | ■ |
|  | * sitting or standing with the back noticeably bent forward, sideways, or twisted | ■ |
| * back noticeably bent backward with no support for the back | ■ |
| * squatting/kneeling while working | ■ |
|  | * wrist noticeably bent down or up | ■ |
| * wrist noticeably bent to the side (toward thumb/little finger) | ■ |
| * hand turned so palm faces fully up or down | ■ |
| **Fixed Posture** | * sitting for long periods without standing (office work, driving, etc.) | ■ |
| * standing still on a hard surface for a long period of time | ■ |
| **MSD HAZARDS - REPETITION** Check [✔]  (Do workers repetitively move the same body part – with little opportunity for recovery?) if present | | |
| **Repetition** | * performing the same neck motions repeatedly | ■ |
| * performing the same shoulder motions repeatedly | ■ |
| * performing the same elbow motions repeatedly | ■ |
| * performing the same wrist motions repeatedly | ■ |
| * performing the same hand/finger motions repeatedly | ■ |
| * performing intensive keyboarding | ■ |
| * performing intensive mousing | ■ |
| **MSD HAZARDS - OTHER** Check [✔]  if present | | |
| **Repeated Impacts** | * using the hand or knee as a hammer | ■ |
| **Contact Stress** | * tool handles dig into hand/palm | ■ |
| * workstation/equipment edges/products dig into body (hands, forearms, trunk, thighs) | ■ |
| **Hand-Arm Vibration** | * using vibrating tools (impact wrenches, carpet strippers, chainsaws, jackhammers, scalers, riveting hammers, grinders, sanders, jig saws, jack-leg drills.) | ■ |
| **Whole-Body Vibration** | * operating mobile equipment/vehicles on rough, uneven surfaces | ■ |
| **Cold/Hot Temperatures** | * work environment is cold, hand/arms are exposed to cold air | ■ |
| * work environment is hot/humid | ■ |