### Risk filter

**Task:** ______________________________________________________

**Assessor:** __________________________________________________

**DATE:** __________

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**IF YOU ANSWER YES TO ANY OF THE STEPS, YOU SHOULD THEN MAKE A FULL RISK ASSESSMENT OF THE JOB.**

**REMEMBER TO CONSIDER EACH OF THE BODY PARTS OF THE UPPER LIMBS (FINGERS, HANDS, WRISTS, ARMS, SHOULDERS AND NECK).**

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### Step 1: Signs and symptoms

Are there any:

- Medically diagnosed cases of ULDs in this work?
- Complaints of aches or pains?
- Improvised changes to work equipment, furniture or tools?

1. Are any of these present?

### Step 2: Repetition

Are there any repetitive elements such as:

- Repeating the same motions every few seconds?
- A sequence of movements repeated more than twice per minute?
- More than 50% of the cycle time involved in performing the same sequence of motions?

For more than 2 hours total per shift?

### Step 3: Working postures

Are there any working postures such as:

- Large range of joint movement such as side to side or up and down?
- Awkward or extreme joint positions?
- Joints held in fixed positions?
- Stretching to reach items or controls?
- Twisting or rotating items or controls?
- Working overhead?

For more than 2 hours total per shift?

### Step 4: Force

Are there any forces applied such as:

- Pushing, pulling, moving things (including with the fingers or thumb)?
- Grasping / gripping?
- Pinch grips ie holding or grasping objects between thumb and finger?
- Steadying or supporting items or work pieces?
- Shock and/or impact being transmitted to the body from tools or equipment?
- Objects creating localised pressure on any part of the upper limb?

Sustained or repeated application of force for more than 2 hours total per shift?
### Step 5: Vibration

- Do workers use any powered hand-held or hand-guided tools or equipment or do they hand-feed work pieces to vibrating equipment?

<table>
<thead>
<tr>
<th>Regularly (i.e. at some point during most shifts)?</th>
<th>YES □</th>
<th>NO □</th>
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If you answer yes to any of the steps, you should make a full risk assessment of the job.