

Simple filter for identifying risks of upper limb disorders (ULDs)

Task:

Assessor:

Date: Location/work area:

Consider all parts of the upper limbs (shoulders, arms, wrists, hands and fingers, as well as the neck). Note that the 2-hour period in the filter is not a fixed limit – apply it taking account of the task and the individual carrying it out.

1 Signs and symptoms

Are there any:

- Medically diagnosed cases of ULDs in this work? Yes No
- Complaints of aches and pains? Yes No
- Improvised changes to work equipment, furniture or tools? Yes No

2 Repetition

Do workers carry out any repetitive elements in a task for more than approximately 2 hours per shift, such as:

- Repeating the same movements every few seconds? Yes No
- Repeating a sequence of movements more than twice per minute? Yes No
- More than half of the time spent on that task involves performing the same sequence of movements? Yes No

3 Working postures

Do workers adopt awkward working postures for more than approximately 2 hours per shift, such as:

- Large range of joint movements, eg side to side or up and down? Yes No
- Awkward or extreme joint positions? Yes No
- Joints held in fixed positions? Yes No
- Stretching to reach items or controls? Yes No
- Twisting or rotating items or controls? Yes No
- Working with hands above shoulder height? Yes No

4 Force

Do workers apply sustained or repeated forces for more than approximately 2 hours per shift, such as:

- Pushing, pulling or moving things, including with the fingers or thumb? Yes No
- Grasping or gripping, including twisting and squeezing? Yes No
- Pinch grips, ie holding or grasping objects between thumb and finger? Yes No
- Steadying or supporting items or workpieces? Yes No
- Shock and/or impact being transmitted to the body from tools or equipment, including hands being used as a hammer? Yes No
- Equipment or work items creating concentrated pressure on any part of the upper limb, including pressure from a trigger or button? Yes No

5 Vibration

- Do workers experience hand-arm vibration (HAV) from any powered, hand-held or hand-guided tools, or hand-feed workpieces to vibrating equipment regularly (at some point during most shifts)? Yes No

If you answer 'Yes' to any of the questions, you should do a risk assessment of the task using the [ART tool](#) or you can make a more detailed assessment using the [full risk assessment worksheets](#) for ULDs. If items weigh more than 8 kg and the task involves manual handling, consider using the [MAC tool](#).

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