

Score sheet

Enter the colour band and numerical score for each risk factor in the table below. Follow the instructions on page 15 to determine the task score and exposure score.

Risk factors	Left arm		Right arm	
	Colour	Score	Colour	Score
A1 Arm movements				
A2 Repetition				
B Force				
C1 Head/neck posture				
C2 Back posture				
C3 Arm posture				
C4 Wrist posture				
C5 Hand/finger grip				
D1 Breaks				
D2 Work pace				
D3 Other factors				
Task score				
D4 Duration multiplier		X		X
Exposure score				
D5 Psychosocial factors				

Are there other indications that the task is high risk?

- The task or similar tasks have a history of ULDs (eg company accident book, RIDDOR reports, medically diagnosed cases of upper limb disorders).
- There are signs workers find the task difficult (eg wearing arm supports or bandages, reporting discomfort, aches or pains). Ask the workers if they have any of these symptoms.
- Other indications? If so, describe:
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Flow chart

