


















Table 3.1: Checklist for awkward posture

Body Part	Physical Risk Factor	Maximum Exposure Duration (continuously or cumulatively)	Illustration	Please tick (/)	
				Yes	No
Shoulders	Working with hand above the head <u>OR</u> the elbow above the shoulder	More than 2 hours per day			
	Working with shoulder raised	More than 2 hours per day			
	Work repetitively by raising the hand above the head <u>OR</u> the elbow above the shoulder more than once per minute	More than 2 hours per day			
Head	Working with head bent downwards more than 45 degrees	More than 2 hours per day			

Body Part	Physical Risk Factor	Maximum Exposure Duration (continuously or cumulatively)	Illustration	Please tick (/)	
				Yes	No
	Working with head bent backwards	More than 2 hours per day			
	Working with head bent sideways	More than 2 hours per day	 		
Back	Working with back bent forward more than 30 degrees <u>OR</u> bent sideways	More than 2 hours per day			
	Working with body twisted	More than 2 hours per day			

Body Part	Physical Risk Factor	Maximum Exposure Duration (continuously or cumulatively)	Illustration	Please tick (/)	
				Yes	No
Hand/ Elbow/ Wrist	Working with wrist flexion <u>OR</u> extension <u>OR</u> radial deviation more than 15 degrees	More than 2 hours per day	<div>flexion</div>  <div>extension</div>  <div>deviation</div> 		
	Working with arm abducted sideways	More than 4 hours per day			
	Working with arm extended forward more than 45 degrees <u>OR</u> arm extended backward more than 20 degrees.	More than 2 hours per day	 		

Body Part	Physical Risk Factor	Maximum Exposure Duration (continuously or cumulatively)	Illustration	Please tick (/)	
				Yes	No
Leg/ Knees	Work in a squat position.	More than 2 hours per day			
	Work in a kneeling position	More than 2 hours per day			
Sub Total (Number of tick(s))					

The total score for awkward posture is **13**. **YES** score of **6** and above will initiate an advanced assessment.