




3.2.2 Static and Sustained Work Posture

Static and sustained work posture should be assessed through interview and observation of employee work activities to determine exposure duration for each body parts using the checklist given in Table 3.2.

Table 3.2: Checklist for static and sustained work posture

Body Part	Physical Risk Factor	Maximum Exposure Duration	Illustration	Please tick (/)	
				Yes	No
Trunk/Head/Neck/Arm/Wrist	Work in a static awkward position as in Table 3.1	Duration as per Table 3.1			
Leg/Knees	Work in a standing position with minimal leg movement.	More than 2 hours continuously			
	Work in seated position with minimal movement.	More than 30 minutes continuously			
Sub Total (Number of tick(s))					

The total score for static and sustained work posture is 3. YES score of 1 and above will initiate an advanced assessment.