1. Equipment and tools/instruments are designed to minimize excessive force and awkward postures.

2. Equipment and tools/instruments fit comfortably in the hands.

3. Excessive pinch grip forces are not required for periods >2 hours per day (forces >2kg).

4. Weights of objects lifted or carried are <10 kg.

5. Repetitive lifting is not required below thigh level or above shoulder height.

6. Push/pull forces are <10kg.

7. Working in awkward postures is not required for more than 2 hours total per day.

8. Sitting is not required for more than 6 hours total per day.

9. Standing on hard surfaces in one spot is not required for more than 4 hours total per day.

10. Workers are not performing repetitive tasks (same motion with neck, shoulder, elbows, hands or wrists repeated every few seconds) for more than 2 hours total per day.

11. Intensive keyboarding is not required for more than 2 hours total per day.

12. Hands or knees are not used in a hammering motion more than 10 times per hour and more than 2 hours total per day.

13. Lab computer workstations are set up with keyboard and monitor in line, top of monitor at eye level, mouse close to keyboard, no contact stresses to wrists or forearms, a chair providing suitable back support *note: if computer workstation is used more than 2 hours per day than the office ergonomic checklist should be completed.
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<td><strong>14.</strong> Employees are taking mini-breaks and or alternating between work activities to give muscles and joints a chance to rest avoiding over use.</td>
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<td><strong>15.</strong> Employees have received MSD injury prevention training.</td>
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<td><strong>16.</strong> Other.</td>
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