SH.9

Ergonomic hazards: Step 1. Looking for symptoms

A screening checklist adapted from the SOBANE method*

Instructions:

Start with the first page to get basic information. Ask about each body area listed in the left-hand column. For each area that applies, check the box and guickly fill in the symptoms or information about the symptoms in the "Summarise here" section. Don't get into details; use it as a checklist to prepare for the next page with the body analyze which ergonomics hazards are (likely) map.

Then have the person fill out the body map on the next page; this provides more specific information.

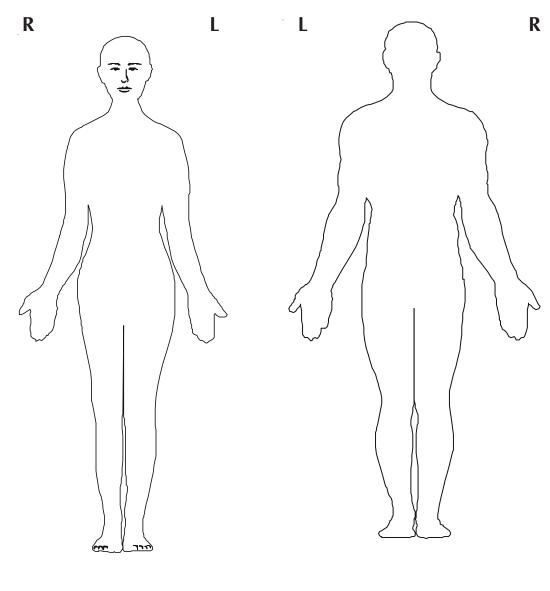
In the next section, ask the person to go over the specific spots on the body map. For each one, ask the questions in the columns, except for the shaded one. That's the place for you to later present.

Workplace:	Name of person:		
Work station/job	Date of discussion:		
	With (person filling in form):		
What kinds of problems or complaints are there about aches and pains or discomfort in the:	Summarize here:		
□ head?			
neck?			
□ shoulders?			
elbows and arms?			
wrists and hands?			
□ back?			
Legs?			
☐ knees?			
feet?			
(whether or not you think they are related to the job)	For details, use the body map on the next page.		

* See www.sobane.be/fr./tms.html and www.sobane.be/langue_eng.html







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When? (What are you doing when you notice the ache/ pain/discomfort?)	What causes the problem or complaint?	What kind of ergonomic hazard is it?* (fill in later, if need be)	What can be done immediately to avoid it?	What should be analyzed or investigated in more detail? (See SH.10)
	(What are you doing when you notice the ache/	(What are you doing when you notice the ache/problem or complaint?	(What are you doing when youproblem or complaint?ergonomic hazard is it?*notice the ache/(fill in later, if	(What are you doing when youproblem or complaint?ergonomic hazard is it?*done immediately to avoid it?

*Uncomfortable postures or positions: twisting, arms raised, bent wrists, pinch grip with fingers, nonneutral positions

Heavy and repeated efforts (force): tightening things, pulling, pushing, lifting, hitting something

Repetition: of the same movement or gestures



Work environment issues: humidity, temperature, vi-

Stressors/work organization hazards: pace of work, time

pressures, inadequate machines or tools, chance of

violence, no say about what you're doing, little or no

bration, lighting or other physical hazards

support or respect, etc.