### A. Neck, Trunk and Leg Analysis

**Step 1: Locate Neck Position**
- +1 10-20°
- +2 30°
- +2 in extension

**Step 1a:** Adjust...
- If neck is twisted: +1
- If neck is side bending: +1

**Step 2: Locate Trunk Position**
- +1 0°
- +2 30-60°
- +2 60°

**Step 2a:** Adjust...
- If trunk is side bending: +1
- If trunk is side bending: +1

**Step 3: Legs**
- +1 30-60°
- +2 >60°

**Step 4:** Look-up Posture Score in Table A
Using values from steps 1-3 above, Locate score in Table A

**Step 5:** Add Force/Load Score
- If load < 11 lbs.: +0
- If load 11 to 22 lbs.: +1
- If load > 22 lbs.: +2

**Step 6:** Score A, Find Row in Table C
Add values from steps 4 & 5 to obtain Score A. Find Row in Table C.

**Scoring**
- 1 = Negligible Risk
- 2-3 = Low Risk. Change may be needed.
- 4-7 = Medium Risk. Further investigate. Change soon.
- 8-10 = High Risk. Investigate and implement change.
- 11+ = Very High Risk. Implement change.

### B. Arm and Wrist Analysis

**Step 7:** Locate Upper Arm Position:
- +1 90°
- +2 60°

**Step 7a:** Adjust...
- If shoulder is raised: +1
- If upper arm is abducted: +1
- If arm is supported or leaning: -1

**Step 8:** Locate Lower Arm Position:
- +1 90°
- +2 60°

**Step 9:** Locate Wrist Position:
- +1 15°
- +2 0°

**Step 10:** Look-up Posture Score in Table B
Using values from steps 7-9 above, locate score in Table B

**Step 11:** Add Coupling Score
- Well fitting Handle and mid range power grip: **good**: +0
- Acceptable but not ideal hand hold or coupling acceptable with another body part: **fair**: +1
- Hand hold not acceptable but possible: **poor**: +2
- No handles, awkward, unsafe with any body part: **Unacceptable**: +3

**Step 12:** Score B, Find Column in Table C
Add values from steps 10 & 11 to obtain Score B. Find column in Table C and match with Score A in row from step 6 to obtain Table C Score.

**Step 13:** Activity Score
- +1 1 or more body parts are held for longer than 1 minute (static)
- +1 Repeated small range actions (more than 4x per minute)
- +1 Action causes rapid large range changes in postures or unstable base