

Task Design Ergonomic Assessment Checklist



Tailor physical tasks to individuals, not the other way around.

Ergonomics is all about adapting the job and workplace to the worker by designing tasks, work stations, tools, and equipment that are within the worker's physical capabilities and limitations. Here's a Checklist you can adapt for use in applying ergonomic principles in the task design phase. Specifically, it enables those designing or assessing the physical tasks workers perform to identify and consider methods to eliminate the ergonomic hazards posed by those tasks.

Instructions: The purpose of this Checklist, which should be used as part of job hazard analysis, is to ensure that the design of the physical tasks that our workers perform accounts for and seeks to eliminate the ergonomic hazards associated with those tasks.