

**Annex 15 Check List for ergonomics**

The site address: \_\_\_\_\_

Occupational safety and health review conducted by: \_\_\_\_\_

Occupational safety and health review date: \_\_\_\_\_

The table below is filled out in connection with security review relating to ergonomics

<p><b>Safety And Health Topic</b> See Handbook on OSH in construction and catalogue of technical AIDS <a href="http://www.bygergo.dk">www.bygergo.dk</a></p>	<p><b>Confirmed</b> YES/NO</p>	<p><b>If not, please describe where and what the problems are</b></p>	<p><b>Describe the solution to the problem</b></p>	<p><b>Name of responsible person and date of solution</b></p>
<p><b>Planning before construction begins</b></p>				
<p>Construction is <b>planned</b> so that relevant <b>heavy construction components</b> (e.g. radiators, white goods, etc.) are hoisted, lifted or transported in similar ways to the place of use. In order to reduce musculoskeletal stress from burdensome manual transport.</p>				
<p>Construction is <b>planned</b> so that throughout the whole construction period <b>access roads</b> which are sufficiently wide, stable, grounded, dry, plane, tidy and robust to allow for the use of the necessary technical means to transport and setup of building components and waste has been provided. In order to reduce the musculoskeletal stress.</p>				
<p>Construction is <b>planned</b> so that, where necessary, a well-designed and well-grounded <b>storage yard</b> for building components is established in order to ensure the possibility for the use of technical AIDS for the transport from storage place to setup place.</p>				
<p>Construction is <b>planned</b> so that, where necessary, a <b>well-designed and well-grounded space for waste is established</b> in order to ensure the possibility for the use of technical AIDS for transport of waste from the setup site to the waste deposit.</p>				
<p>1) Is it <b>resolved which technical means</b> it is necessary to apply with respect to the transportation and production of building components in order to reduce the musculoskeletal loads as much as possible. and 2) The <b>availability of these means</b>, when they are to be applied, is assured.</p>				
<p><b>When construction is in progress</b></p>				
<p>Relevant <b>heavy construction components are</b> transported (hoisted, lifted, etc.) using technical AIDS.</p>				
<p><b>Transport routes</b> are sufficiently broad, stable, grounded, dry, plane, tidy and robust to allow the application of the necessary technical AIDS for transporting building</p>				

components.				
<b>Storage sites and dumps</b> are well-gounded, tidy and accessible so that relevant technical means can be used?				
Are the relevant <b>technical AIDS</b> to <b>transport</b> building components and waste via the access roads present, <b>and used</b> as intended?				
Are the relevant <b>technical AIDS</b> for the setup of building components present, <b>and used</b> as intended?				
Does the workplace provide the <b>opportunity to use technical devices</b> to setup, etc. or are there conditions that need to be changed in order to allow for this?				
Tidy and ergonomically <b>suitable work tables</b> are available, in places where these are needed?				
<b>Machines and working tools</b> are fitted for the job and for the person who will be using them?				
<p><b>Is there</b> places where there are <b>ergonomic incriminating postures, e.g.</b></p> <ul style="list-style-type: none"> <li>• <b>heavy lifting</b> <ol style="list-style-type: none"> <li>1) lifting of 7 kg at a distance of 30 cm from the body and lifting of 3 kg at a distance of 45 cm from the body is <b>regarded</b> as a starting point, <b>not considered as</b> injurious to health<sup>2)</sup></li> </ol> <p><b>Whether lifting is considered harmful to health is assessed from</b></p> <ul style="list-style-type: none"> <li>○ load weight</li> <li>○ aggravating factors (forward bending, twisting, asymmetrical load of back and whether arms are lifted)</li> </ul> <p>If just one of the aggravating factors are present the lift frequency and duration should also be included in the assessment</p> </li> <li>• <b>monotonous work</b> (frozen postures, e.g. where an arm is specially overloaded or static hold work)</li> <li>• <b>carrying loads</b> such as sacks (NB max 20 kg)</li> <li>• <b>straining push and pull</b> , e.g., by the use of transport vehicles or wheelbarrows which are not self-propelled in steep, rough terrain</li> <li>• <b>kneeling or lying work positions</b> e.g. in floor installation, insulation work in roof spaces, /small spaces, sealing and insulation work at small roof pitch or bricklaying under eaves</li> <li>• <b>monotonous repetitive work</b> where the</li> </ul>				

same work operations or movements are repeated again and again, such as painting, groove milling, screwing of plasterboard, etc., bricklaying, digging or shovel work				
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20-07-2016