

# Worksheet 1—P<sub>E</sub>rforM Risk Assessment Tool **ACTIVITY 1**

P<sub>E</sub>rforM - Participative Ergonomics for Manual Tasks

Manual tasks risk assessment form

## Date and Workplace

Date: **27/04/16**

Workplace: **Nemos**

## Risk assessors

Work unit/team: **Factory Workers**

Positions: **Fish preparation**

Names: **John and Paul**

## Task description

Name of task: **Manually scaling fish ( barramundi and other fish included)**

Why was this task selected: **Identified by workers as problematic when they were asked to identify hazardous manual tasks Experience of upper limb strains in the wrists and hands as well as in the shoulder.**

Location where task occurs: **on site**

Who performs the task: **general factory workers**

General description: **Scaling fish- risk assessment conducted on a baramundi**

Postures: **Scaling arm is held out to the side in an awkward posture. Constant hand grip and awkward wrist postures**

Forceful/muscular exertions: **Sustained exertion of shoulder, elbow, hand and wrist-due to applying downward pressure to fish; forceful grip to scaler (feel it in wrist & fingers)**

Repetition and duration: **High repetition of upper arm, workers may scale up to 600 fish each day.**

Tools or equipment used: **hand held scaler**

Work/task organisation and environment: **time pressure existed to get through stock and meet orders. Risk of slipping on wet floors, refrigerated environment (4 degrees) . Work is carried out in 2 hour intervals. Workers may scale fish for a morning (up to 4hrs) then perform other tasks such as filleting or shucking oysters in the afternoon. Shift is 8hrs.**

## Worksheet 2—Risk factor assessment

1. Indicate on the body chart which area(s) of the body you feel are affected by the task.
2. If more than one body part is affected, you may shade the different body parts in different colours. If so, use the matching colour when scoring the risk factors (e.g. red for arms on the body and score sheet, blue for low back on the body and score sheet).
3. Give each risk factor a score out of five. One (1) is when the risk factor is not present and five (5) is when the risk factor is the most severe level they have experienced.

<b>Exertion</b> -How much force is the person using? – think about starting or stopping quickly					<p style="text-align: center;"><b>Body part</b></p>
1 No effort	2	3 Moderate force & speed	4	5 Maximum force or speed	
<b>Awkward posture</b> - How awkward is the person's posture?					
1 All postures neutral	2	3 Moderately uncomfortable	4	5 Very uncomfortable	
<b>Vibration-</b> How much are the whole body or hand(s) being vibrated?					
1 None	2	3 Moderate	4	5 Extreme	
<b>Duration</b> - How long is the action performed for?					
1 < 10 minutes	2 10-30 min	3 30 min – 1 hr	4 1 – 2 hrs	5 > 2 hrs	
<b>Repetition-</b> How often are similar actions done?					
1 No repetition	2	3 cycle time < 30 s	4	5 cycle time < 10 s	

### Risk controls

#### Design control options:

(eliminate, substitute, engineer) \_\_\_\_\_

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#### Administrative control options:

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