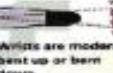


LEMBAR KERJA WERA

PHYSICAL RISK FACTOR				RISK LEVEL				SCORING SYSTEM																				
				LOW	MEDIUM	HIGH																						
1. Shoulder	1a. Posture	 Shoulders in neutral position	 Shoulder is moderate bent up	 Shoulder is extreme bent up	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 1			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
	1b. Repetition	Light movement with more pauses	Moderate movement with some pauses	Heavy movement with no rest																								
2. Wrist	2a. Posture	 Wrist is in a neutral position	 Wrist is moderate bent up or bent down	 Wrist is extreme bent up or bent down with twisting	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 2			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
	2b. Repetition	0-10 times per minute	11-20 times per minute	Over 20 times per minute																								
3. Back	3a. Posture	 Back in neutral position	 Back is moderate bent forward	 Back is extreme bent forward	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 3			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
	3b. Repetition	0-5 times per minute	6-8 times per minute	9-12 times per minute																								
4. Neck	4a. Posture	 Neck in neutral position with little bent forward	 Neck is moderate bent forward	 Neck is extreme bent forward or bent back	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 4			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
	4b. Repetition	Light movement with more pauses	Moderate movement with some pauses	Heavy movement with no rest																								
5. Leg	5a. Posture	 Legs in neutral position sitting with feet on floor / foot	 Legs are moderate bent forward sitting with feet on floor	 Legs are extreme bent forward sitting with feet do not touch floor	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 5			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
6. Forceful	Lifting the load	 Lifting the load 0-5kg	 Lifting the load 5-10kg	 Lifting the load more than 10kg	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 6			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
7. Vibration	Using of vibration tool	 Never used of vibration tool OR Used vibration tool < 1hrs per day	 Occasional used of vibration tool WITH 1-4hrs per day	 Constant used of vibration tool WITH >4hrs per day	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 7			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
8. Contact stress	Using of tool handle Or wearing hand gloves	 Soft/round shape of tool handle OR Using a full cover of hand gloves	 Hard/sharp shape of tool handle OR Using a half cover of hand gloves	 No/Without of tool handle OR Never used hand gloves	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 8			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
9. Task duration	Task-hr/day	 < 2hrs per day	 2-4hrs per day	 > 4hrs per day	<table border="1"> <tr> <th>Risk Level</th> <th>LOW</th> <th>MED</th> <th>HIGH</th> </tr> <tr> <td>REPETITION</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>POSTURE</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>REPTITION</td> <td>4</td> <td>5</td> <td>6</td> </tr> </table>				Risk Level	LOW	MED	HIGH	REPETITION	2	3	4	POSTURE	3	4	5	REPTITION	4	5	6	Score 9			
	Risk Level	LOW	MED	HIGH																								
REPETITION	2	3	4																									
POSTURE	3	4	5																									
REPTITION	4	5	6																									
FINAL SCORE																												
Job/Task : _____ Date : _____ Observer : _____										<table border="1"> <tr> <th colspan="2">Action Level</th> <th rowspan="4">Action</th> <th rowspan="4">This (v)</th> </tr> <tr> <th>Risk Level</th> <th>Final Score</th> </tr> <tr> <td>LOW</td> <td>15-27</td> <td>Task is acceptable</td> <td>☐</td> </tr> <tr> <td>MED</td> <td>28-34</td> <td>Task is need to further investigate & required change</td> <td>☐</td> </tr> <tr> <td>HIGH</td> <td>45-54</td> <td>Task is not accepted, immediately change</td> <td>☐</td> </tr> </table>	Action Level		Action	This (v)	Risk Level	Final Score	LOW	15-27	Task is acceptable	☐	MED	28-34	Task is need to further investigate & required change	☐	HIGH	45-54	Task is not accepted, immediately change	☐
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