

**Caution Zone Checklist** Use one sheet for each position evaluated.

Movements or postures that are a regular and foreseeable part of the job, occurring more than one day per week, and more frequently than one week per year.

If done in this position



Job Position Evaluated:

**Hostess**

Date: **4/13**

# of employees in these jobs?

**2-3 at a time**

**AWKWARD POSTURE**

**COMMENTS / OBSERVATIONS**



**1.** Working with the hand(s) above the head, or the elbow(s) above the shoulders more than 2 hours total per day.

N/A



**2.** Working with the neck or back bent more than 30 degrees (without support and without the ability to vary posture) more than 2 hours total per day.

I constantly see them bent over looking at the tablet on where to seat people



**3.** Squatting more than 2 hours total per day.

N/A

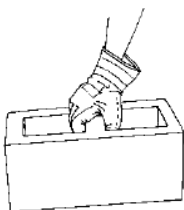


**4.** Kneeling more than 2 hours total per day.

N/A

**HIGH HAND FORCE**

**COMMENTS / OBSERVATIONS**










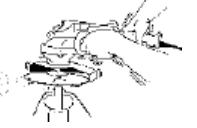
**5.** Pinching an unsupported object(s) weighing 2 or more pounds per hand, or pinching with a force of 4 or more pounds per hand, more than 2 hours total per day (comparable to pinching half a ream of paper).

They grip an Ipad tablet and also unused silverware and cups from tables



**6.** Gripping an unsupported objects(s) weighing 10 or more pounds per hand, or gripping with a force of 10 or more pounds per hand, more than 2 hours total per day (comparable to clamping light duty automotive jumper cables onto a battery).

When busy they help buss tables with a serving bin can can get up to 20 pounds with dirty dishes

HIGHLY REPETITIVE MOTION			COMMENTS / OBSERVATIONS
	<b>7.</b> Repeating the same motion with the neck, shoulders, elbows, wrists, or hands (excluding keying activities) with little or no variation every few seconds, more than 2 hours total per day.	<input checked="" type="checkbox"/>	They take orders to go on the computer up at the host stand
	<b>8.</b> Performing intensive keying more than 4 hours total per day.	<input type="checkbox"/>	N/A
REPEATED IMPACT			COMMENTS / OBSERVATIONS
	<b>9.</b> Using the hand (heel/base of palm) or knee as a hammer more than 10 times per hour, more than 2 hours total per day.	<input type="checkbox"/>	N/A
HEAVY, FREQUENT OR AWKWARD LIFTING			COMMENTS / OBSERVATIONS
	<b>10.</b> Lifting object weighing more than 75 pounds once per day or more than 55 pounds more than 10 times per day.	<input type="checkbox"/>	N/A
	<b>11.</b> Lifting objects weighing more than 10 pounds if done more than twice per minute, more than 2 hours total per day.	<input checked="" type="checkbox"/>	When busing tables, it can get up to 20 pounds
	<b>12.</b> Lifting objects weighing more than 25 pounds above the shoulders, below the knees or at arms length more than 25 times per day..	<input type="checkbox"/>	N/A
MODERATE TO HIGH HAND ARM VIBRATION			COMMENTS / OBSERVATIONS
	<b>13.</b> Using impact wrenches, carpet strippers, chain saws, percussive tools (jack hammers, scalers, chipping hammers) or other tools that typically have high vibration levels, more than 30 minutes total per day.	<input type="checkbox"/>	N/A
	<b>14.</b> Using grinders, sanders, jigsaws or other hand tools that typically have moderate vibration levels more than 2 hours total per day.	<input type="checkbox"/>	N/A