

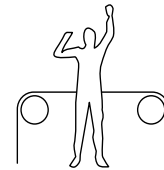
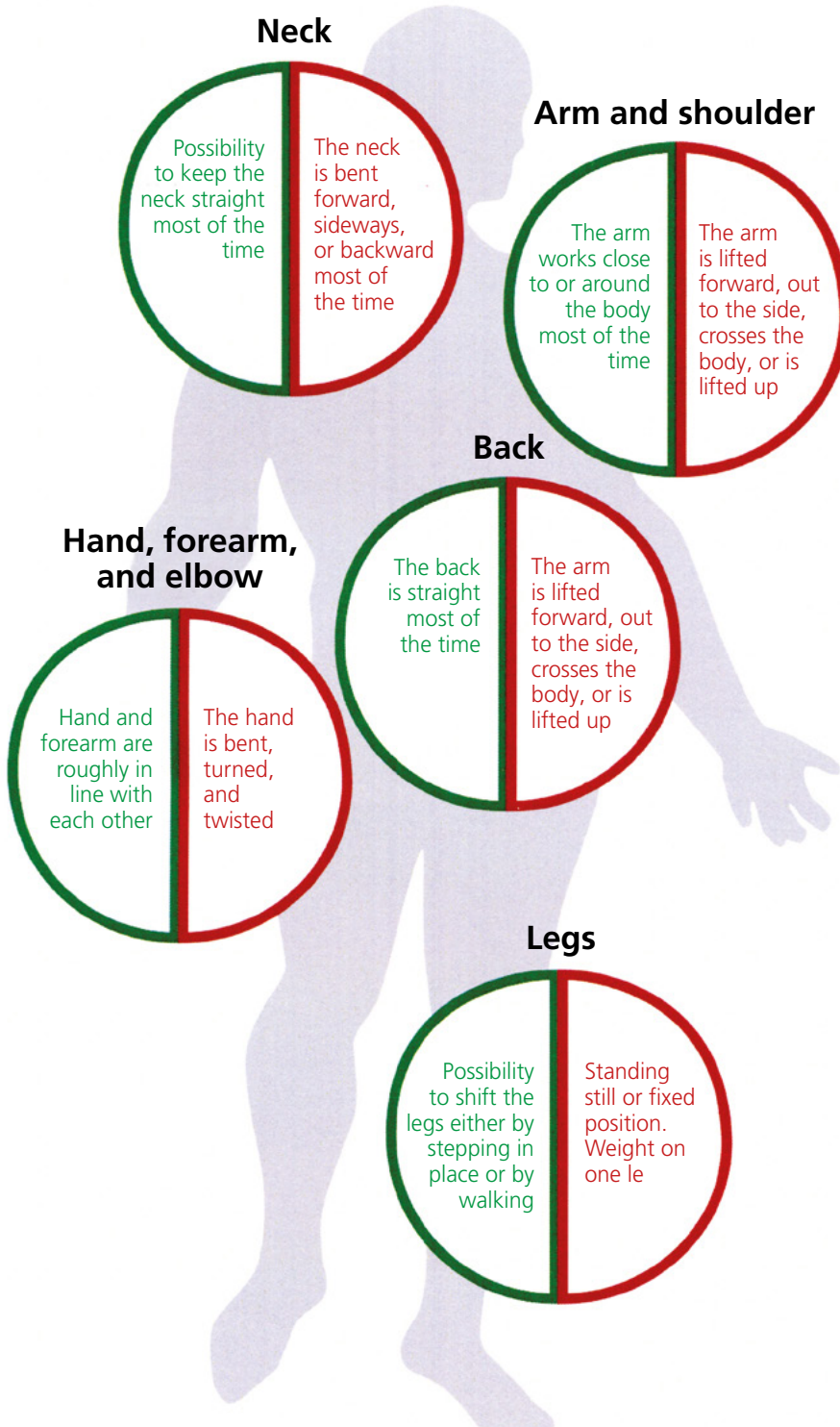
How to proceed when assessing

1. First, ensure that the work is being carried out according to instructions.
2. Assess according to the scheme and combine your assessment with the employee's assessment.
3. Enter the assessment information at www.savportalen.dk

Load on individual body parts

Green = The working posture is assessed as good.

Red = The working posture is maintained in a strained position for longer periods at a time.



Micro-breaks

Is it possible to fully straighten the body from time to time, or is the body locked in the same position?

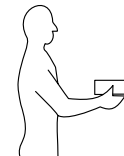


Use of force

Assess whether a lot of force is required.

If yes, is it possible to release the grip?

It can be difficult to see, so ask the employee how it feels.



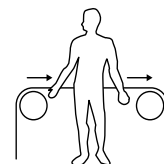
Reach distance

Does the reach distance cause prolonged forward bending of the upper body?

A long reach distance may occur but should not be repeated frequently.

Is lifting or force required when reaching out?

Can the employee straighten up by pulling the object closer to the body or raising the table?



Conveyor-controlled work

Does the conveyor-controlled pace cause working positions to become fixed?

Is the conveyor direction an advantage or a disadvantage?

Assessment of work movements

As working environment group, you are responsible for ensuring that the work is carried out in the most appropriate way. Only assess the work movements once the work is being performed according to instructions.

Date:

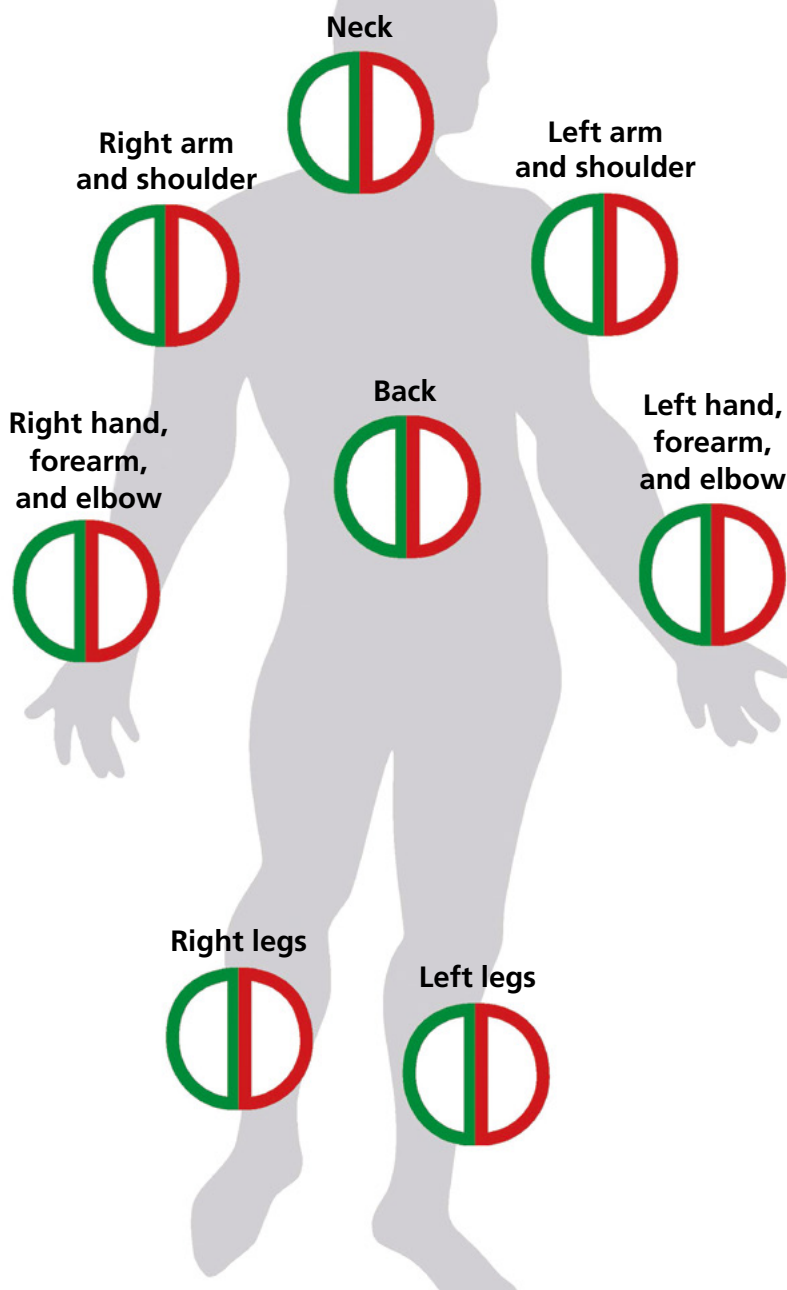
Work function:

Work number:

Work movements (mark X)

Green = Less strain

Red = Strained

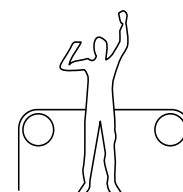


Workstation (mark X)

Green = Good

Red = Less good

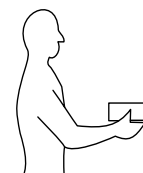
Is there an opportunity for micro-breaks?



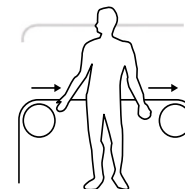
Use of force:



Reach distance:



Conveyor-controlled work?



Is instruction needed?

YES NO

Is instruction needed in the use of micro-breaks?

YES NO

Other comments:
