

Total of risk scores	C	Loads on knees / legs:
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Unfavourable working conditions (specify only where applicable)		A Back	B Shoulders/upper arms	C Knees/legs
Twisting and/or lateral inclination of the trunk identifiable	occasionally	1	0	0
	frequently to constantly	2	0	1
Head: Inclined backward and/or severely inclined forward or constantly turning	occasionally or constantly	1	1	0
Upper body cannot be supported when inclined forward - with the hands, by leaning against something, by means of tools	not possible	2	0	0
Narrow space for movement	frequently to constantly	2	2	2
TOTAL of the risk scores for additional loads for block A / B / C				

Further working conditions (specify only where applicable)	A	B	C
Restricted stability, uneven floor	1	1	1
Moisture, cold, strong draughts, drenching of clothes possible	1	1	0
Strong shocks (vibrations) resulting in physical tension ⁴⁾	1	1	0
Very high mental concentration (e.g. recognising objects)	1	1	0
TOTAL of the risk scores for special working conditions for block A / B / C			
None: there are no unfavourable working conditions	()	()	()

⁴⁾ Please note: If there are physical workloads due to vibrations, they are to be evaluated separately! See https://www.baua.de/EN/Topics/Work-design/Physical-agents-and-work-environment/Vibrations/_functions/Publications-search_Formular.html?nn=8718374

3rd step: Evaluation and assessment

		A Back	B Shoulders/upper arms	C Knees/legs	Highest risk score Total risk
Total of risk scores in key indicators					
Unfavourable working conditions +					
Further working conditions +					
Time rating points	X	Total of all indicator rating points			
		Risk scores of body postures			

The risk score calculated and the table below can be used as the basis for a rough evaluation:					
Risk	Risk range	Intensity of load ¹⁾	a) b)	Probability of physical overload Possible health consequences	Measures
	1	<20 points	low	a) Physical overload is unlikely. b) No health risk is to be expected.	None
	2	20 - <50 points	slightly increased	a) Physical overload is possible for less resilient persons. b) Fatigue, low-grade adaptation problems which can be compensated for during leisure time.	For less resilient persons, workplace redesign and other prevention measures may be helpful.
	3	50 - <100 points	substantially increased	a) Physical overload is also possible for normally resilient persons. b) Disorders (pain), possibly including dysfunctions, reversible in most cases, without morphological manifestation	Workplace redesign and other prevention measures should be considered.
	4	≥100 points	high	a) Physical overload is likely. b) More pronounced disorders and/or dysfunctions, structural damage with pathological significance	Workplace redesign measures are necessary. Other prevention measures should be considered.

¹⁾ The boundaries between the risk ranges are fluid because of the individual working techniques and performance conditions. The classification may therefore only be regarded as an orientation aid. Basically, it must be assumed that the probability of physical overload will increase as the risk scores rise.