

# Method for the identification of musculo-skeletal stress factors which may have injurious effects-PLIBEL

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neck/shoulders, upper part of back	elbows, forearms, hands	feet	knees and hips	low back
1. _____	1. _____	1. _____	1. _____	1. Is the walking surface uneven, sloping, slippery or non resilient?
2. _____	2. _____	2. _____	2. _____	2. Is the space too limited for work movements or work materials?
3. _____	3. _____	3. _____	3. _____	3. Are tools and equipment unsuitably designed for the worker or the task?
4. _____	4. _____	4. _____	4. _____	4. Is the working height incorrectly adjusted?
5. _____	5. _____	5. _____	5. _____	5. Is the working chair poorly designed or incorrectly adjusted?
6. _____	6. _____	6. _____	6. _____	6. (If the work is performed whilst standing): Is there no possibility to sit and rest?
7. _____	7. _____	7. _____	7. _____	7. Is fatiguing foot-pedal work performed?
8. _____	8. _____	8. _____	8. _____	8. Is fatiguing leg work performed e. g.:
a) _____	a) _____	a) _____	a) _____	a) repeated stepping up on stool, step etc.?
b) _____	b) _____	b) _____	b) _____	b) repeated jumps, prolonged squatting or kneeling?
c) _____	c) _____	c) _____	c) _____	c) one leg being used more often in supporting the body?
9. _____	9. _____	9. _____	9. _____	9. Is repeated or sustained work performed when the back is:
a) _____	a) _____	a) _____	a) _____	a) mildly flexed forward?
b) _____	b) _____	b) _____	b) _____	b) severely flexed forward?
c) _____	c) _____	c) _____	c) _____	c) bent sideways or mildly twisted?
d) _____	d) _____	d) _____	d) _____	d) severely twisted?
10. _____	10. _____	10. _____	10. _____	10. Is repeated or sustained work performed when the neck is:
a) _____	a) _____	a) _____	a) _____	a) flexed forward?
b) _____	b) _____	b) _____	b) _____	b) bent sideways or mildly twisted?
c) _____	c) _____	c) _____	c) _____	c) severely twisted?
d) _____	d) _____	d) _____	d) _____	d) extended backwards?
11. _____	11. _____	11. _____	11. _____	11. Are loads lifted manually? Notice factors of importance as:
a) _____	a) _____	a) _____	a) _____	e) handling beyond forearm length
b) _____	b) _____	b) _____	b) _____	f) handling below knee height
c) _____	c) _____	c) _____	c) _____	g) handling above shoulder height
d) _____	d) _____	d) _____	d) _____	
12. _____	12. _____	12. _____	12. _____	12. Is repeated, sustained or uncomfortable carrying, pushing or pulling of loads performed?
13. _____	13. _____	13. _____	13. _____	13. Is sustained work performed when one arm reaches forward or to the side without support?
14. _____	14. _____	14. _____	14. _____	14. Is there repetition of:
a) _____	a) _____	a) _____	a) _____	a) similar work movements?
b) _____	b) _____	b) _____	b) _____	b) similar work movements beyond comfortable reaching distance?
15. _____	15. _____	15. _____	15. _____	15. Is repeated or sustained manual work performed? Notice factors of importance as:
a) _____	a) _____	a) _____	a) _____	a) weight of working materials or tools
b) _____	b) _____	b) _____	b) _____	b) awkward grasping of working materials or tools
16. _____	16. _____	16. _____	16. _____	16. Are there high demands on visual capacity?
17. _____	17. _____	17. _____	17. _____	17. Is repeated work, with forearm and hand, performed with:
a) _____	a) _____	a) _____	a) _____	a) twisting movements?
b) _____	b) _____	b) _____	b) _____	b) forceful movements?
c) _____	c) _____	c) _____	c) _____	c) uncomfortable hand positions?
d) _____	d) _____	d) _____	d) _____	d) switches or keyboards?

Method of application.  
 \* Find the injured body region  
 \* Follow white fields to the right  
 \* Do the work tasks contain any of the factors described?  
 \* If so, tick where appropriate

Also take these factors into consideration:  
 a) the possibility to take breaks and pauses  
 b) the possibility to choose order and type of work tasks or pace of work  
 c) if the job is performed under time demands or psychological stress  
 d) if the work can have unusual or unexpected situations  
 e) presence of cold, heat, draught, noise or troublesome visual conditions  
 f) presence of jerks, shakes or vibrations