



Office Risk Report

Name: \_\_\_\_\_
Email: \_\_\_\_\_

Date: \_\_\_\_\_
Location: \_\_\_\_\_

Table Height: \_\_\_\_\_
Elbow Height: \_\_\_\_\_

WRIST

WRIST assessment section with categories: PALMS, CONTACT STRESS, WRIST ANGLE, DURATION. Includes checkboxes for L and R, a 3hr clock icon, and a TOTAL (\* /10) box.

ELBOWS

ELBOWS assessment section with categories: GRIPPING, WRIST ANGLE, CONTACT STRESS, FREQUENCY. Includes checkboxes for L and R, a 3x/m clock icon, and a TOTAL (\* /10) box.

SHOULDERS

SHOULDERS assessment section with categories: SHOULDER, POSTURE, FORCE, FREQUENCY. Includes checkboxes for L and R, a 3x/m clock icon, and a TOTAL (\* /10) box.

BACK

BACK assessment section with categories: LUMBAR SUPPORT, POSTURE, FORCE, DURATION. Includes checkboxes for L and R, a 3hr clock icon, and a TOTAL (\* /10) box.

NECK

NECK assessment section with categories: NECK ANGLE, FORCE, STATIC POSTURE, DURATION. Includes checkboxes for L and R, a 3hr clock icon, and a TOTAL (\* /10) box.

LEGS

LEGS assessment section with categories: LEGS TUCKED, DURATION, POSTURE, CONTACT STRESS. Includes checkboxes for L and R, a 3hr clock icon, and a TOTAL (\* /10) box.