



**Ergo+50**  
[Workers assessment]

Workstations assessed:

Company:

Date:

Observations:

The following questionnaire is designed to assess your perceived ability to perform the tasks of your current workstation and to give your opinion on how your company manages age. **It is an individual, voluntary and confidential questionnaire.**

Please, read carefully all the questions and, for each of them, choose the answer which you sincerely consider that best describes your current situation and your opinion.

The questionnaire is divided into 5 sections. All the questions included in the questionnaire must be answered.

In the first four sections indicate your perceived ability to perform each of the items.

In the fifth section, give your opinion on how the company manages age.

**IMPORTANT:** The answers to the questionnaire are personal and voluntary; both the anonymity and confidentiality of the answers are fully guaranteed.

Physical load

QUESTIONS	ANSWERS		
	Good	Moderate	Bad
<input type="checkbox"/> Handling heavy loads (lifting, pushing, pulling).			
<input type="checkbox"/> Applying force or perform tasks involving intense or prolonged physical activity.			
<input type="checkbox"/> Standing or sitting for a long time or adopting a static posture.			

### Physical load

QUESTIONS	ANSWERS		
	Good	Moderate	Bad
<input type="checkbox"/> Performing repetitive movements or rapid movements with the upper limbs (arms, elbows, hands).			
<input type="checkbox"/> Adopting awkward positions with the arms, hands, trunk or neck.			
<input type="checkbox"/> Performing tasks that involve bending down, squatting or kneeling.			
<input type="checkbox"/> Reaching objects or elements that are far away.			
<input type="checkbox"/> Handling work tools and equipment.			

### Cognitive aspects

QUESTIONS	ANSWERS		
	Good	Moderate	Bad
<input type="checkbox"/> Learning new things, memorize or handle a lot of information.			
<input type="checkbox"/> Making complex and/or quick decisions.			
<input type="checkbox"/> Focusing on the task, although there are frequent stimuli and distracting elements in the work environment.			

### Vision and hearing

QUESTIONS	ANSWERS		
	Good	Moderate	Bad
<input type="checkbox"/> Correctly viewing the information and elements necessary to perform the tasks.			

### Vision and hearing

QUESTIONS	ANSWERS		
	Good	Moderate	Bad
<input type="checkbox"/> Correctly hearing signals, warnings and conversations.			

### Environment and work conditions

QUESTIONS	ANSWERS		
	Good	Moderate	Bad
<input type="checkbox"/> Tolerating high-noise situations.			
<input type="checkbox"/> Tolerating situations of great heat or cold, or sudden changes in temperature.			
<input type="checkbox"/> Tolerating exposure to vibrations (using machines/tools, driving vehicles, etc.).			
<input type="checkbox"/> Tolerating the work pace imposed.			
<input type="checkbox"/> Tolerating shift work or night work.			
<input type="checkbox"/> Spending long time doing the same activity.			
<input type="checkbox"/> Adapting to organizational changes (introduction of technologies, new work methods, etc.).			

### Age management

Worker's opinion on the company's age management

QUESTIONS	ANSWERS		
	I agree	Neutral	I disagree
<input type="checkbox"/> En la empresa se realizan acciones adecuadas de promoción de la salud o para favorecer y fomentar hábitos de vida saludables.			

QUESTIONS	ANSWERS		
	I agree	Neutral	I disagree
<input type="checkbox"/> The company carries out adequate actions to promote health or to encourage healthy lifestyles.			
<input type="checkbox"/> Health check-ups are adequate and performed often enough.			
<input type="checkbox"/> Measures are taken to make it easier for me to return to my tasks after an injury.			
<input type="checkbox"/> The training offered by the company is adequate for my needs.			
<input type="checkbox"/> My experience and skills are taken advantage of to improve the company processes and/or to train young workers.			
<input type="checkbox"/> There are adequate measures and activities to facilitate the transition to retirement.			