 **NOM 036-1 (Mexico)**

Task:

Company:

Date:

Observations:

Population

Men

Women

Age group

<18 years

18-45 years

>45 years

Subtask

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Data subtask Lifting

Subtask:

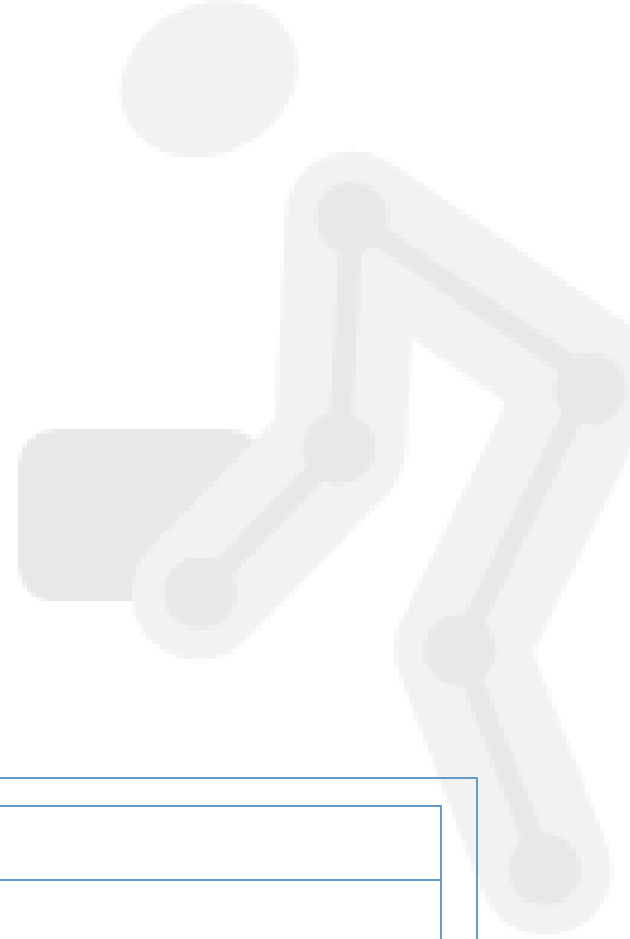
Observations (subtask):

Load weight (kg)	
Frequency (lifts/hour)	
Hand distance from the lower back	<input type="checkbox"/> Close <input type="checkbox"/> Moderate: Hands at moderate distance from the low back. Upper arms angled away from torso <input type="checkbox"/> Moderate: Hands at moderate distance from the low back. Torso bent forward <input type="checkbox"/> Far: Hands far from the low back. Upper arms angled away from torso AND torso bent forward
Vertical lift zones	<input type="checkbox"/> Hands between knee and elbow height <input type="checkbox"/> Hands between knee and floor level OR hands between elbow height and head height <input type="checkbox"/> Hands at floor level or below <input type="checkbox"/> Hands at head height or above
Torso twisting and sideways bending	<input type="checkbox"/> Little or no torso twisting or sideways bending <input type="checkbox"/> Torso twisted OR Torso bent sideways <input type="checkbox"/> Torso both twisted AND bent sideways
Postural constraints	<input type="checkbox"/> No postural constraints. <input type="checkbox"/> Restricted posture. <input type="checkbox"/> Severely restricted posture
Grip on the load	<input type="checkbox"/> Good grip <input type="checkbox"/> Fair coupling <input type="checkbox"/> Poor grip
Floor surface	<input type="checkbox"/> Good floor surface. Non-slip, dry, clean, firm, level and undamaged. <input type="checkbox"/> Reasonable floor surface. Mostly dry and clean (damp or some debris), OR reasonably firm OR minor damage. <input type="checkbox"/> Poor floor surface. Slippery (greasy, oily, wet, icy) OR much debris OR soft OR unstable OR severe damage OR inadequate footwear.
Environmental factors	<input type="checkbox"/> No factors <input type="checkbox"/> One factor. <input type="checkbox"/> Two or more factors

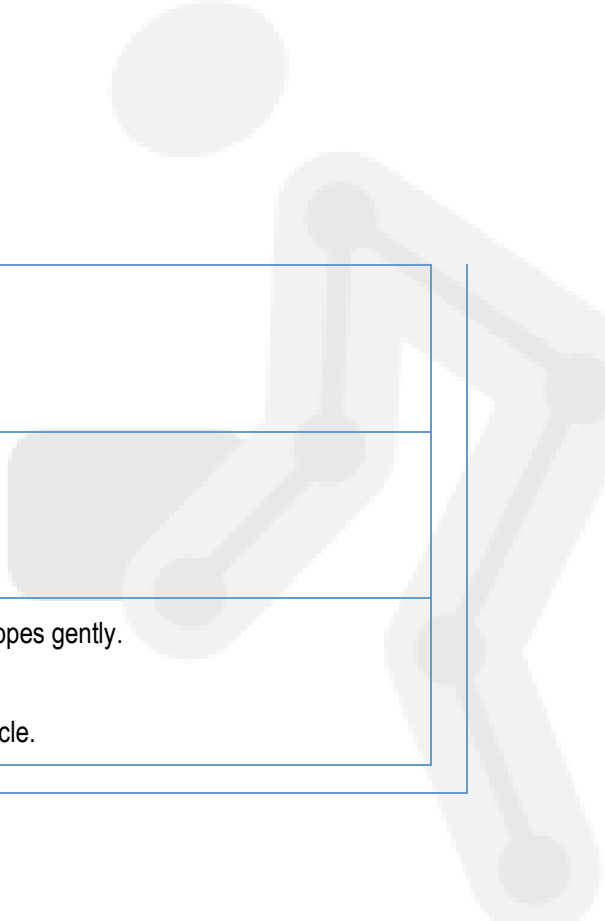
Data subtask Carrying

Subtask:

Observations (subtask):



Load weight (kg)	
Frequency (carries/hour)	
Hand distance from the lower back	<input type="checkbox"/> Close <input type="checkbox"/> Moderate: Hands at moderate distance from the low back. Upper arms angled away from torso <input type="checkbox"/> Moderate: Hands at moderate distance from the low back. Torso bent forward <input type="checkbox"/> Far: Hands far from the low back. Upper arms angled away from torso AND torso bent forward
Asymmetrical torso or load	<input type="checkbox"/> Load AND hands symmetrical in front of the torso. <input type="checkbox"/> Torso symmetrical but load is carried to one side. <input type="checkbox"/> Carrying with one hand on the side of the person. <input type="checkbox"/> Carrying a load on one shoulder.
Postural constraints	<input type="checkbox"/> No postural constraints. <input type="checkbox"/> Restricted posture. <input type="checkbox"/> Severely restricted posture
Grip on the load	<input type="checkbox"/> Good grip <input type="checkbox"/> Fair coupling <input type="checkbox"/> Poor grip
Floor surface	<input type="checkbox"/> Good floor surface. Non-slip, dry, clean, firm, level and undamaged. <input type="checkbox"/> Reasonable floor surface. Mostly dry and clean (damp or some debris), OR reasonably firm OR minor damage. <input type="checkbox"/> Poor floor surface. Slippery (greasy, oily, wet, icy) OR much debris OR soft OR unstable OR severe damage OR inadequate footwear.



Environmental factors	<input type="checkbox"/> No factors <input type="checkbox"/> One factor. <input type="checkbox"/> Two or more factors
Carry distance	<input type="checkbox"/> Between 2 m and 4 m <input type="checkbox"/> Between 4 m and 10 m <input type="checkbox"/> Over 10 m
Obstacles on route	<input type="checkbox"/> No obstacles AND carry route flat or slopes gently. <input type="checkbox"/> One type of obstacle OR steep slope. <input type="checkbox"/> Ladders OR at least two types of obstacle.

Data subtask Team Handling

Subtask:

Observations (subtask):

Load weight (kg)	
Number of workers performing the task	<input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
Hand distance from the lower back	<input type="checkbox"/> Close <input type="checkbox"/> Moderate <input type="checkbox"/> Far
Vertical lift zones	<input type="checkbox"/> Hands between knee and elbow height <input type="checkbox"/> Hands between knee and floor level OR hands between elbow height and head height <input type="checkbox"/> Hands at floor level or below OR head height and above
Torso twisting and sideways bending	<input type="checkbox"/> Little or no torso twisting or sideways bending <input type="checkbox"/> Torso twisted OR Torso bent sideways <input type="checkbox"/> Torso both twisted AND bent sideways
Postural constraints	<input type="checkbox"/> No postural constraints. <input type="checkbox"/> Restricted posture. <input type="checkbox"/> Severely restricted posture
Grip on the load	<input type="checkbox"/> Good grip <input type="checkbox"/> Reasonable grip <input type="checkbox"/> Poor grip
Floor surface	<input type="checkbox"/> Good floor surface. Non-slip, dry, clean, firm, level and undamaged. <input type="checkbox"/> Reasonable floor surface. Mostly dry and clean, reasonably firm, minor damage. <input type="checkbox"/> Poor floor surface. Slippery OR much debris OR soft OR unstable OR severe damage OR inadequate footwear.
Environmental factors	<input type="checkbox"/> No factors <input type="checkbox"/> One factor. <input type="checkbox"/> Two or more factors
Communication, co-ordination and control	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor

Data subtask Pushing / pulling loads without wheels

Subtask:

Observations (subtask):

Load weight (kg)	
Type of activity	<input type="checkbox"/> Rolling <input type="checkbox"/> Churning (loads are moved by pivoting/rolling along the base edges) <input type="checkbox"/> Dragging/hauling or sliding
Posture	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Hand grip	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Work pattern	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Travel distance	<input type="checkbox"/> Short. Between 2 m and 4 m <input type="checkbox"/> Medium. Between 4 m and 10 m <input type="checkbox"/> Long. Over 10 m
Floor surface	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Obstacles along the route	<input type="checkbox"/> Good. No obstacles <input type="checkbox"/> Reasonable. One type of obstacle but no steps or steep ramps <input type="checkbox"/> Poor / Inadequate. Steps, steep ramps, or two or more other types of obstacle
Other factors	<input type="checkbox"/> Good (no other factors present) <input type="checkbox"/> Reasonable (one factor present) <input type="checkbox"/> Poor / Inadequate (two or more factors present)

Data subtask Pushing / pulling loads on wheeled equipment

Subtask:

Observations (subtask):

Load weight (kg)	
<input type="checkbox"/> Load exceeds equipment's rated capacity (manufacturer's recommended maximum weight)	
Type of equipment	<input type="checkbox"/> Small with one or two wheels <input type="checkbox"/> Medium, with three or more fixed wheels and/or castors <input type="checkbox"/> Large, steerable or running on rails
Posture	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Hand grip	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Work pattern	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Travel distance	<input type="checkbox"/> Short. 10 m or less <input type="checkbox"/> Medium. Between 10 m and 30 m <input type="checkbox"/> Long. Over 30 m
Floor surface	<input type="checkbox"/> Good <input type="checkbox"/> Reasonable <input type="checkbox"/> Poor / Inadequate
Obstacles along the route	<input type="checkbox"/> Good. No obstacles <input type="checkbox"/> Reasonable. One type of obstacle but no steps or steep ramps <input type="checkbox"/> Poor / Inadequate. Steps, steep ramps, or two or more other types of obstacle
Other factors	<input type="checkbox"/> Good (no other factors present) <input type="checkbox"/> Reasonable (one factor present) <input type="checkbox"/> Poor / Inadequate (two or more factors present)