

Posture data

Subtask:

Posture:

Frequency Low Medium High

Video reference:

Observations (posture):



Group A – Arms, Forearms, Wrists

Side (Right/Left)

Arm

Select one option:

- Extension > 20°
- Extension 20° to flexion 20°
- Flexion 20-45°
- Flexion 45-90°
- Flexion > 90°

Check if there is also:

- Arm abduction
- Shoulder raised
- Arm supported

Forearm

Select one option:

- Flexion < 60°
- Flexion 60-100°
- Flexion > 100°

Check if there is also:

- Forearm separation

Wrist

Select one option:

- Flexion or Extension 0-15°
- Flexion or Extension > 15°

Check if there is also:

- Rotation
- Lateral deviation

Wrist twist

Select one option:

- Wrist is in mid-range of twist
- Wrist is at or near the end of range of twist

Group A – Arms, Forearms, Wrists

Muscle use

Assess the muscle activity of the Upper Limbs, specifying whether the following conditions occur (none, one or both):

- Static posture (the position of any segment of the upper limb is maintained without movement for >1 minute)
- Repetitive action (the movement of any upper limb segment is repeated >4 times per minute)

Force / Load

Assess the force or load of the Upper Limbs, by choosing only one of the options:

- None (no resistance).
- Occasional <2 kg.
- Occasional 2-10 kg.
- Static or repetitive 2-10 kg.
- Occasional >10 kg.
- Static or repetitive >10 kg.
- Explosive.

Group B – Neck, Trunk, Legs

Neck

Select one option:

- Extension
- Flexion 0° - 10°
- Flexion 10° -20°
- Flexion > 20°

Check if there is also:

- Rotation
- Lateral tilt

Trunk

Select one option:

- Sitting and well supported with a hip-trunk angle of 90° or more
- Flexion 0° - 20°
- Flexion 20° -60°
- Flexion > 60°

Check if there is also:

- Rotation
- Lateral tilt

Group B – Neck, Trunk, Legs

Legs

Select one option:

- Sitting, legs and feet well supported.
- Standing, weight evenly distributed.
- Unilateral support or unstable posture

Muscle use

Assess the muscle activity of the activity of the neck, trunk and legs areas, specifying whether the following conditions occur (none, one or both):

- Static posture (the position of any segment of the neck, trunk or legs areas is maintained without movement for >1 minute)
- Repetitive action (the movement of the neck, trunk or legs areas is repeated >4 times per minute)

Force / Load

Assess the force or load of the neck, trunk and legs areas, by choosing only one of the options:

- None (no resistance).
- Occasional <2 kg.
- Occasional 2-10 kg.
- Static or repetitive 2-10 kg.
- Occasional >10 kg.
- Static or repetitive >10 kg.
- Explosive.