



Ergo+50
[Working conditions]

Workstations assessed:

Company:

Date:

Observations:

It is a questionnaire to assess the working conditions that affect older workers. It must be filled out by the company.

Procedure:

1. Check if any of the situations included in each section occurs; mark the box only if the item occurs in the analyzed workplace, considering the most usual and/or most unfavourable situation.
2. A single item marked in any of the sections indicates a possible risk situation.
3. The greater the number of items marked, the greater the risk will be.
4. Note that some items require the calculation of an additional variable, which must be done through the appropriate procedure.

Physical load

- | |
|---|
| <input type="checkbox"/> Weights above the acceptable weight are handled.
(record the manual material handling conditions on the attached form). |
| <input type="checkbox"/> In the sitting position, weights above 5 kg are handled or force must be exerted |
| <input type="checkbox"/> Pushing and/or pulling forces are exerted. |
| <input type="checkbox"/> High forces are exerted with the hand and/or arm. |
| <input type="checkbox"/> The worker performs tasks that require continuous physical activity and/or a high sustained effort. |
| <input type="checkbox"/> There are tasks that involve handling, moving, lifting or transferring people/patients. |

Physical load

- It is necessary to stand or walk for a long time.
- The worker must remain seated for a long time.
- The worker maintains static postures: parts of the body are not moved for long periods.
- The worker performs tasks that require repetitive movements of the upper limbs (arms, elbows, hands).
- The tasks performed require maintaining any of the following positions: arms raised, rotation of the trunk or neck, significant flexion of the trunk or neck, or significant flexion, twist or deviation of the wrist.
- The worker performs tasks that require bending down, squatting or kneeling.
- The tasks require performing quick movements.

Cognitive aspects

- The tasks involve learning new things and/or memorizing information constantly and frequently.
- The person is exposed to a lot of information and/or stimuli (including those not related to the tasks).
- The tasks involve making complex and/or quick decisions.
- There are interruptions and distracting elements in the work environment.
- The elements and/or materials are frequently restructured.
- The consequences of a decision are irreversible.

Spaces and equipment

- The working height does not adapt to the type of task and the anthropometry of each person.
- Far reaches are performed.
- Lateral reaches or reaches behind the body are performed.
- The characteristics of the work tools and instruments are not appropriate for a comfortable handling.
- The length, thickness and shape of the handle do not provide a comfortable and firm grip (the handle does not adjust well to the hand and/or the type of task).

Spaces and equipment

	<input type="checkbox"/> The tool cannot be handled with either the right or left hand. <input type="checkbox"/> The texture of the object does not make it easier to hold it for a while. <input type="checkbox"/> If it is necessary to apply force, the object cannot be held with both hands. <input type="checkbox"/> The handle does not distribute pressure evenly all over the hand. <input type="checkbox"/> While the tool is being handled, the wrist does not remain in the neutral posture (handshake position).
<input type="checkbox"/> The working space conditions can cause trips and/or falls	<input type="checkbox"/> The ground is uneven, not uniform or in poor condition. <input type="checkbox"/> The floor is not kept clean or free of slippery substances. <input type="checkbox"/> Passage areas are not free of obstacles. <input type="checkbox"/> The lighting level is insufficient in the passage areas. <input type="checkbox"/> Passage areas are not delimited. <input type="checkbox"/> There are no specific locations to place the materials without invading the passage areas

Vision and hearing

	Lighting level	lux
<input type="checkbox"/> The lighting levels are not suitable for the type of task or space. (register the lighting conditions)	Area / task (select an option)	<input type="checkbox"/> Areas where tasks with low visual requirements are performed <input type="checkbox"/> Areas where tasks with moderate visual requirements are performed <input type="checkbox"/> Areas where tasks with high visual requirements are performed <input type="checkbox"/> Areas where tasks with very high visual requirements are performed <input type="checkbox"/> Occasionally used areas or premises <input type="checkbox"/> Regularly used areas or premises <input type="checkbox"/> Occasionally used areas of people flow <input type="checkbox"/> Regularly used areas of people flow
<input type="checkbox"/> During the performance of the tasks, there is direct or indirect glare (reflections).		
<input type="checkbox"/> There are large lighting variations between work spaces or areas.		
<input type="checkbox"/> Tasks involving constant changes in the distance of the space of vision (near-far) are performed.		
<input type="checkbox"/> Some situations involve low visual contrast.		
<input type="checkbox"/> The size and shape of the signals (indicators, characters) does not allow the worker to correctly perceive them.		

Vision and hearing

- There are no collective or individual measures for people to adapt acoustic signals to their hearing ability.
- Auditory signals are not complemented with visual signals.
- In the work environment, there are acoustic signals and/or noise that can hide important acoustic messages.
- There are high noise levels.

Environment and organization

- Some situations involve great heat or cold, or sudden changes in temperature.
- Some situations involve frequent exposure to vibrations (use of machinery/tools, use of vehicles...).
- The organization of the tasks and the pace of work are imposed. The worker cannot choose the distribution of the tasks, the breaks or the pace of work.
- Work is performed in shifts or in the night shift.
- There is monotonous work or work involving long periods performing the same activity (no rotations)
- The characteristics and needs of older people are not considered when introducing organizational changes (technologies, work methods, etc.).

Age management

- There are no actions in the company to promote health or encourage healthy living habits.
- There are no specific and regular health check-ups intended for people over 50 years.
- After an illness or injury, no period of adaptation is provided when returning to work.
- Older workers do not have the same training opportunities as younger workers.
- Older workers are not encouraged to participate in the training activities.

Age management

- The characteristics and needs of older workers are not considered when planning, designing or implementing the training actions.
- No actions are carried out to benefit from the experience of older workers in order to improve the organization or to train younger workers.
- No specific activities are intended to hire older people: There is no qualified personnel to carry out the personnel selection considering age.
- The company does not have a specific procedure or measures to facilitate the transition to retirement.

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Acceptable mass

Workstations assessed:

Company:

Date:

Observations:



Handling conditions

Weight handled	kg
<p>Handling zone (mark on figure):</p>	
<p>Vertical displacement</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Up to 25 cm <input type="checkbox"/> Up to 50 cm <input type="checkbox"/> Up to 100 cm <input type="checkbox"/> Up to 175 cm <input type="checkbox"/> >175 cm

Handling conditions

<p>Trunk twisting (mark on figure):</p>	<p>None SHOULDERS HEELS</p> <p>Slightly twisted (up to 30°) SHOULDERS HEELS 30°</p> <p>Twisted (up to 60°) SHOULDERS HEELS 60°</p> <p>Very twisted (90°) SHOULDERS HEELS 90°</p>
<p>Coupling (click on figure)</p>	<p>Good coupling</p> <p>Fair coupling 90°</p> <p>Poor coupling</p>
<p>Duration</p>	<p><input type="checkbox"/> ≤1 hour <input type="checkbox"/> 1-2 hours <input type="checkbox"/> 2-8 hours</p>
<p>Frecuency</p>	<p>times/min</p>