

©OCRA Multitask

Task:	
Company:	
Date:	
Observations:	

Organization

Repetitive subtask				
Subtask	Description			

Organización

Distributition of the working hours

Specify the exact sequence of the events during the working hours (and the duration in minutes), distinguishing between:

- **Subtask XXX** (any of the repetitive subtasks previously defined)
- **Non-repetitive work** (which **cannot** be considered recovery: supplying, preparation, cleaning, carrying, etc.)
- Recovery (pauses, or non-repetitive work that can be considered recovery: visual control, etc.)
- Meal (lunch break)

Event	Minutes

Subtask data

Subtask	Cycle time (s)						
Technical actions (Identify the technical actions of the right and left upper limbs in 1 work cycle							
Tecnical action	Side (Right. / Left. / Both)	N° Time (sec)					

Subtask date

Subtask			Cycle	time (s)			
Tecnical action		Side (Right. / L	.eft. / Both)	N°	Time (sec)		
Observation-actio	n						
Force Check the force exerte	ed according to the B	org scale (or its e	quivalent as a % of	the maximur	m voluntary c	ontraction)	
☐ 0 None at all	0 None at all					Weak 9% of MCV)	
3 moderate (30% of MCV)	— '			≥5 hard / very hard ≥ (50% of MCV)			
Posture Check if the following	postures and movem	ents of the upper	limb occur				
Shoulder	☐ Flexion ≥ 80°		☐ Extension ≥ 20°		☐ Abduction ≥ 45°		
Elbow	☐ Flexion / Ext	ension ≥ 60°	☐ Pronation ≥	≥ 60°	☐ Supina	ation ≥ 60°	
Wrist	☐ Flexion / Ext	exion / Extension ≥ 45°		☐ Radial / Ulnar desviation ≥ 20°			
Hand	Pinch	☐ Hook	□ F	Palmar	□ F	Power	
Additional Check if the are other	additional risk factors	6					
☐ Vibrations	☐ Count	ershocks	☐ Presicion		☐ Comp	ression	
☐ Cold	☐ Glove	S	☐ Imposedpa	ce	☐ Others	S	