



OCRA Checklist

Task:

Company:

Date:

Observations:

Organization

Repetitive task

Task	Description	Recovery in the cycle?
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Distribution 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.)
- **Lunch break included in shift.** Lunch break included within the working hours (and therefore paid).
- **Lunch break NOT included in shift.** This refers to rest periods or lunch breaks that are not included in the working hours (for example, in the case of split shifts).

Event	Minutes

Organization

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Event	Minutes

Task Data

Task	Net total cycle time (sec)	
Frequency (Identify the technical actions of the right and left upper limbs in 1 work cycle)		
Dynamic actions	Right	Left
Number of technical actions observed in a cycle.		
Brief interruptions are possible (the pace is not completely imposed by the machine). Select this option if the cycle allows for brief interruptions.	<input type="checkbox"/>	<input type="checkbox"/>
Static actions		
An object is held for at least 5 consecutive seconds, incurring one or more static actions and occupies between 51% and 80% of the cycle (or observation) time.	<input type="checkbox"/>	<input type="checkbox"/>
An object is held for at least 5 consecutive seconds, incurring one or more static actions for more than 80% of the cycle (or observation) time.	<input type="checkbox"/>	<input type="checkbox"/>

Force

Specify the force exerted with each upper limb, right and left, during the cycle (in seconds).

	Right	Left
WORK ACTIVITY REQUIRES MODERATE FORCE (Score 3-4 on Borg scale) FOR: Pulling or pushing levers, Pushing buttons, Closing or opening, Pressing or manipulating components, Using tools, Manipulating components to lift objects.		
WORK ACTIVITY REQUIRES INTENSE FORCE (Score 5-6-7 on Borg scale) FOR: Pulling or pushing levers, Pushing buttons, Closing or opening, Pressing or manipulating components, Using tools, Manipulating components to lift objects.		
WORK ACTIVITY REQUIRES MAXIMAL FORCE (Score 8-9-10 on Borg scale) FOR: Pulling or pushing levers, Pushing buttons, Closing or opening, Pressing or manipulating components, Using tools, Manipulating components to lift objects.		

Posture**Upper Limbs**

Specify the existence of awkward postures in each upper limb, right and left, during the cycle. To do this, identify the situations in which awkward postures occur during the cycle and count how long they last (in seconds)..

Right**Left**

The arm is held almost at shoulder height or in another extreme posture:

- Flexion movements > 80°
- Extension movements > 20°
- Abduction movements > 80°

The elbow executes sudden movements (wide flexion-extension or pronosupination, jerking movements, striking movements):

- Flexion or extension > 60°
- Pronation > 60°
- Supination > 60°

The wrist must bend in an extreme position, or must keep awkward postures (such as wide flexion/extension, or wide lateral deviation).

- Flexion or extension > 45°
- Radial deviation > 15°
- Ulnar deviation > 20°

The hand takes objects or tools in pinch, hook grip, pinch or other different kinds of grasp (excluding power grip).

Stereotyped movements

Indicate whether one or more of the following situations exist within the cycle

Right**Left**

Presence of identical shoulder and/or elbow and/or wrist and/or hand movements, repeated for more than half the time (or the cycle time is between 8 and 15 seconds in which technical actions, even different ones, of the upper limbs prevail).

☐☐

Presence of identical shoulder and/or elbow, and/or wrist, and/or hand movements, repeated almost all the time (or the cycle time is less than 8 seconds in which technical actions, even different ones, of the upper limbs prevail).

☐☐**Additional factors****Physico-mechanical factors**

Indicate for each upper limb (right and left) whether one or more of the following situations are present during the cycle:

Right**Left**

Any of the following circumstances exist for more than half of the time:

- Inadequate gloves (uncomfortable, too thick, wrong size)
- Contact with cold surfaces (less than 0°C) or performance of tasks in cold chambers
- Tools are used that cause compression of muscle and tendon structures (check for the presence of redness, calluses, wounds, etc., on the skin).

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<ul style="list-style-type: none"> Precision tasks (tasks on areas of less than 2 or 3 mm) are performed requiring the worker to be physically close to see. 		
Presence of 2 or more sudden, jerky movements per minute.	<input type="checkbox"/>	<input type="checkbox"/>
Presence of at least 10 repeated impacts (use of hands as tools to hit) per hour.	<input type="checkbox"/>	<input type="checkbox"/>
Use of vibrating tools at least one third of the time.	<input type="checkbox"/>	<input type="checkbox"/>
One or more additional factors are present almost the entire cycle.		
Socio-organisational factors Indicate, in general terms, whether any of the following situations apply	Right	Left
The work rate is determined by the machine, but 'recovery spaces' exist allowing the rate to be sped up or slowed down.	<input type="checkbox"/>	<input type="checkbox"/>
The work rate is determined by the machine (line is moving at a very slow velocity).	<input type="checkbox"/>	<input type="checkbox"/>
The work rate is entirely determined by the machine.	<input type="checkbox"/>	<input type="checkbox"/>