

# CHECKLIST TO ASSESS PHYSICAL LOAD



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If you want to enable your employees to do their work in a healthy way, paying attention to their exposure to physical load is indispensable. Physical load doesn't only concern 'heavy' tasks, like lifting and pushing. Computer work and repetitive movements can be just as physically taxing. For a quick assessment of the physical risks in your company, the Physical Load Checklist can be of help.

## A QUICK ASSESSMENT

The Physical Load Checklist has been developed by TNO for the Dutch Ministry of Social Affairs and Employment. By filling out this digital checklist, you will get a quick indication of physical risks in your company, and tailored suggestions for further analysis. This will come in handy if you suspect certain problems to be present in your organisation or if the Risk Assessment offers not enough information on physical risks. The Dutch labour inspectorate uses the Physical Load Checklist in its inspections.

## RELIABLE RESULTS

Physical load is an important occupational hazard. Too high a physical load can cause employees to develop musculoskeletal complaints that may hamper them in performing their tasks, while physical complaints can also lead to sick leave. But when is the physical load too high? This question can be hard to answer. There are already many tools for risk assessment with respect to physical

load. Applying these tools can be time consuming and often it is not necessary to do a detailed assessment on all aspects. That is why the Physical Load Checklist has been developed. The Checklist quickly identifies and rates the physical risks in your organisation.

## ACCESSIBLE FOR EVERYBODY

You do not need specific knowledge for using the Checklist. It has been made for all professionals responsible for working conditions in their organisation, like for instance Health and Safety Consultants, Human Resources Managers or the director/owner of a smaller company. Specialists from consultancy firms may also use the Checklist. Use of the Checklist is free of charge and results are treated anonymously.



### TASKS WITH RISKS

Keep one or more employees in mind when completing the Checklist. The Checklist makes an inventory of all risks regarding:

- Lifting and carrying
- Pushing and pulling
- Hand-arm tasks (repetitive tasks)
- Working postures
- Computer work
- Vibrations
- Energetic workload

### AT A GLANCE

After completing the Checklist you immediately get a compact overview of the results, which you can print, or store as a Microsoft Word document. This report treats each risk separately, so at a glance you can see which risks occur in your organisation. A green traffic light tells you that there is no increased risk of health complaints and no further action is needed. An amber light means that some risks of physical overload may be present. You are then well advised to take measures that reduce the risk for health complaints. A red traffic light signals that a significant physical risks may be present in your organisation. In such cases the Checklist refers to reliable specialised tools for further analysis.

### SUPPLEMENT TO THE RISK ASSESSMENT

When your Risk Assessment indicates that there may be physical risks in your company, then you can use the Checklist to assess these risks more precisely. Sometimes a Risk Assessment is rather abstract or general and then the Checklist can help to gain more insight. If the Risk Assessment already offers a clear picture of the physical risks, then you can go directly to the specialised tools and do not need to use the Physical Load Checklist.

### WHERE CAN I FIND THE PHYSICAL LOAD CHECKLIST?

Using the method does not require specific training or knowledge. The method is available online, free of charge, at:

[www.fysiekebelastingbeoordelen.tno.nl/en/](http://www.fysiekebelastingbeoordelen.tno.nl/en/)

On this website you can also find supplementary information about the method, as well as the Working Posture Risk Assessment Tool (WRAP) for assessing risks associated with working in unfavourable postures and the Hand Arm Risk Assessment Method (HARM) for assessing risks associated with hand arm tasks.

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### HEALTHY LIVING

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