Date |_2_|_0__|_0__|_5__| |___|___| |___|___| Subject ID |____|____|____|____| |____|____|____| CATHERINE / YAT / JAMES Sheet # |____|____|____|

Observation Time																
TASK / ACTIVITY																
ITEM in Hands																
ITEM Worn																
Powered Hand Tool (**I**DLING or **O**N)																
POSTURE **S**tand; **W**alk; s**I**t; Crouch/**K**neel/Squat; **L**ay; **C**limb; **O**ther																
Trunk **0**-10^0; **1**0-20; **2**0-45^0; **4**5-60^0; >**6**0^0; **E**xtension																
Trunk is supported (1)																
Lateral Bend >20^0 (1)																
Twisting/Rotating >20^0 (1)																
MMH **L**ift; l**O**wer; **H**old; **P**ush; p**U**ll																
Horizontal location **N**ear; **M**id; **E**xtended																
1 Hand; **2** Hand on the item																
Weight Estimate <l lbs (**0**); 1-**1**0lbs; 10-**2**2lbs; 22-**4**4lbs; >44lbs (**5**)																
Force Estimate, Exertion **L**ight; **M**oderate; **H**eavy																
VEHICLE																
Slope **U**phill; **D**ownhill; **F**lat																
TERRAIN Smooth pave/**C**ement; **B**roken pave/cement; **G**ravel; **P**acked earth; **S**oft earth; **O**ff road **W**ater; **R**ail; **A**ir																
SPEED **I**dle/station; <2**0**km/hr; **2**0-40km/hr; **4**0-70km/hr; **7**0km/hr																
STYLE **S**mooth; **J**erky																
VEHICLE **L**oaded; **U**nloaded																
COMMENTS																