

movement checklist

This might serve as a checklist to scan your workforce. **How many people can perform these movements with good posture and with no pain or undue stress?**

This is meant simply as an awareness tool to increase your understanding of how functional your workforce is. Often, workers have developed very good compensations and coping mechanisms to deal pain or movement dysfunction. This list is not meant to identify any specific risk, simply to raise awareness and consider some options to supporting a more functional workforce over time.

- Get into and Stand up from a seated position on our own power (without gravity or other assists)
- Reach for an object overhead or in front of you and set it down (i.e. a heavy box)
- Push and pull without pain (ie a heavy door)
- Safely carry heavy objects
- Turn or rotate (rotate head to look behind you or rotate trunk without turning head)
- Get to the floor and up from the floor on your own power
- Bend the trunk forward (pick something up off the ground) while stabilizing back
- Stand, walk, and walk up and down steps with low risk of falling or losing balance.

