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| **Table 1: HIRAC Plan - ERGONOMICS** |
| **Dept./Faculty:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Job/Task:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **1. Hazard Identification** | **2. Risk Assessment** | **3. Hazard Control Selection** | **4. Hazard Control Implementation** | **5. Hazard Assessment Review**  |
| Hazard(s) Describe the work tasks in relation to the associated physical hazard(s) present | Risk(s)Assess the risk and include other factors like environment, equipment, duration  | Risk Rating | Type(s) of Controls (Hierarchy) | Description of Control  | Review Date |
| Force*e.g. grip force, lift/lower/carrying (overhead, over shoulder)* |  |  |  |  |  |
| Repetition*e.g. repeating the same motion every few seconds with no variation for more than 2 hours a day (excludes typing, unless its intensive typing >4 hours)* |  |  |  |  |  |
| Awkward Posture*e.g. bending, twisting, reaching, squatting or kneeling* |  |  |  |  |  |
| Contact Stress*e.g. wrist, knees (kneeling), elbows* |  |  |  |  |  |
| Vibration*e.g. high vibration tools* |  |  |  |  |  |
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