

Risk Factors

UCLA Labor Occupational
Safety & Health Program
(LOSH)

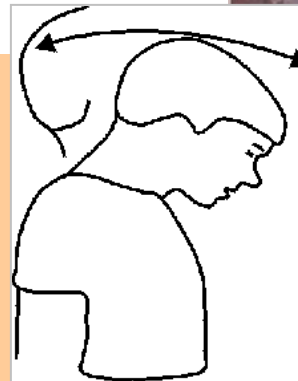
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CHECK YOUR JOB FOR “RISK FACTORS”

Does your job require you to do these things over and over?

- Bend and/or twist your wrists? Twist your arms?
- Hold your elbows away from your body?
- Reach behind your body?
- Lift or throw things above your shoulders?
- Lift things from below your knees?
- Use a pinch grip?
- Work with your neck bent?
- Lift heavy things?
- Use one finger or your thumb to operate a tool?
- Use a tool that vibrates?
- Use your hand like a tool or hammer?
- Work in the cold?



If you answered “yes” to any of these questions, you may be in danger of getting a cumulative trauma disorder (CTD). Tell your company and your union steward your job has risk factors that make your job dangerous!