

# Workplace Ergonomic Hazard Assessment Form

## Sample

This **workplace ergonomic hazard assessment form sample** is designed to identify and evaluate ergonomic risks in the work environment. It helps organizations implement effective controls to prevent musculoskeletal disorders and improve employee comfort. Using this form ensures a systematic approach to enhancing workplace safety and productivity.

General Information			
Employee Name		Date	
Department/Area		Job Title	
Assessor		Assessment Location	
Ergonomic Risk Factors			
Risk Factor	Yes/No	Description/Notes	Recommended Action
Prolonged Sitting			
Repetitive Motion			
Poor Posture			
Awkward Reaches/Movements			
Forceful Exertions			
Insufficient Breaks			
Improper Equipment/Workstation			
Other (Specify):			
Assessment Summary & Actions			
<b>Findings and Recommendations:</b>  <hr/> <hr/>			
Date of Next Review		Signature	

**Instructions:**

- Review each risk factor and indicate "Yes" if present, "No" if not.
- Provide details and recommended corrective action for any identified risk.
- Attach photos or additional notes as needed.
- Review regularly and update after any workplace or job changes.