

Contributing Factor Worksheet for Injuries due to Manual Lifting/Pushing/Pulling

Circle all factors that may have come into play. Keep asking why they existed until you get to the root cause. Then develop a corrective action for each one to prevent them from contributing to future injuries.

Load/Task related factors	Root cause	Corrective action
Weight or weight distribution		
Awkward size or shape		
Difficult to grip or manipulate		
Instability of Load		
Height of lift/push/pull		
Awkward body position required		
Distance or direction from body		
Task frequency and/or duration		
Environmental factors		
Inadequate space		
Improper flooring		
Unstable footing		
Wet/slippery surface		
Poor lighting		
Uneven/unstable surface		
Obstacles		
Noise/Distractions		
Equipment-related factors		
Lack of lift/transfer equipment		
Lack of proper Attachment/sling		
Equipment unavailable		
Equipment maintenance issue		
Equipment malfunction		
Inappropriate use		
Systems-related factors		
Inadequate training		
Lack of policies/procedures		
Inadequate communication		
Inadequate supervision		
Inconsistent enforcement		
Employee factors		
Unfamiliarity with task		
Tension or fatigue		

Improper shoes		
Rushing or Inattention		
Failure to follow procedures		
Improper technique		
Poor physical condition		