Caution Zone Job Assessment Form



Identifying workplace risk factors before injuries occur is a critical step in preventing cumulative trauma claims.

Identify and Document Cumulative Trauma Risk Factors

The Caution Zone Job Assessment below provides a comprehensive assessment tool designed to help employers evaluate job tasks for common ergonomic and physical stressors associated with sprains, strains, and cumulative trauma exposures.

Start the Assessment Form

The assessment guides users through a structured review of workplace activities across multiple risk categories, including awkward postures, high hand force, repetitive motion, repeated impact, heavy or frequent lifting, and hand-arm vibration exposures. For each identified exposure, users can document observations, determine the number of employees affected, and identify areas requiring further evaluation.

This form serves as an effective screening tool for safety professionals, supervisors, and employers seeking to proactively identify caution zone jobs and prioritize workplace improvements before exposures develop into injuries or workers compensation claims.

What You’ll Gain

- A standardized method for identifying jobs that may present cumulative trauma risk factors
- Guidance for evaluating key exposure categories, including posture, force, repetition, lifting, impact, and vibration
- A practical tool for documenting observations and quantifying employee exposure
- Insights that can help prioritize ergonomic assessments and corrective actions
- A foundation for broader cumulative trauma prevention and risk management efforts

Use this assessment form to evaluate job tasks, document exposures, and focus prevention efforts where they can have the greatest impact.

Proactively identify workplace conditions that may contribute to cumulative trauma injuries.