Step-by-Step Procedure for Using Caution Zone and Hazard Zone Checklists



Effectively managing cumulative trauma exposures starts with a consistent approach to identifying risk factors, evaluating job demands, and implementing targeted controls.

Implement a Structured Process for Identifying and Reducing Cumulative Trauma Risks

The checklist below provides a step-by-step framework for using BHHC Loss Control's Caution Zone Job (CZJ) and Hazard Zone Job (HZJ) Checklists to assess workplace tasks and prioritize risk reduction efforts.

Open the Checklist

This practical guide walks employers through the process of identifying caution zone jobs, prioritizing assessments based on exposure and injury data, evaluating hazard zone activities, and implementing corrective measures. It also outlines how to incorporate employee feedback, monitor results, and establish an ongoing continuous improvement process.

What You'll Review

- How to identify jobs that may present cumulative trauma risk factors using the Caution Zone Job Checklist
- A process for prioritizing job assessments based on exposure frequency, injury history, and employee feedback
- How to use the Hazard Zone Job Checklist to evaluate high-risk activities and exposure thresholds
- Strategies for implementing engineering, administrative, and work practice controls
- Methods for monitoring results and incorporating continuous improvement into safety programs

By applying this methodology, organizations can focus resources on the jobs and tasks that present the greatest cumulative trauma exposure while supporting a proactive approach to workplace safety and injury prevention.

Turn ergonomic observations into actionable risk reduction strategies. This guide provides a clear process for evaluating job tasks, prioritizing interventions, and continuously improving cumulative trauma prevention efforts.