

Assessment of Repetitive Tasks of the upper limbs (the ART tool)

Guidance for health and safety practitioners, consultants,
ergonomists and large organisations



The Assessment of Repetitive Tasks (ART) tool is designed to help you risk assess tasks that require repetitive moving of the upper limbs (arms and hands). It assists you in assessing some of the common risk factors in repetitive work that contribute to the development of Upper Limb Disorders (ULDs).

ART is intended for people with responsibility for the design, assessment, management, and inspection of repetitive work. It can help identify those tasks that involve significant risks and where to focus risk reduction measures.

Further information on ART, including on-line training on how to use the tool, can be found at www.hse.gov.uk/msd/uld/art




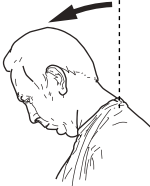
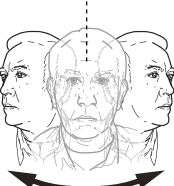
Awkward postures

Determine the amount of time that the worker spends in the postures described below. This includes the time spent moving to a bent or twisted position repetitively and the time spent holding a bent or twisted position.

C1 Head/neck posture

The neck is considered to be bent or twisted if an obvious angle between the neck and back can be observed as a result of performing the task.



The head or neck is:

			In an almost neutral posture	0
			Bent or twisted part of the time (eg 15-30%)	1
			Bent or twisted more than half of the time (more than 50%)	2

C2 Back posture

The back posture is considered awkward if more than 20° of twisting or bending is observed.

The back is:

		In an almost neutral posture	0	
			Bent forward, sideways or twisted part of the time	1
			Bent forward, sideways or twisted for more than half of the time	2

