

Assessment of repetitive tasks of the upper limbs: Vacuuming

Assessor name: Sean Sutton Date: 22nd January 2024 Company name: Simply Dazzle

Location: Generic Name of task: Steam Cleaning

Task description: The steaming of carpets and other even flooring.

What is the weight of any items handled? 3kg

Which side of the body is primarily involved? both

What hand tools are used? Steam cleaner, which is pulled and pushed (see RAPP conducted for task)

How often is the task repeated? every few seconds

The task is completed repetitively for an hour. The team member is required to rest for ten seconds every few minutes. This is to enable a break in the repetition. The break can be conducted by simply changing the routine, this can be by conducting a different task for that period. After 20 minutes the team member is required to take a 5 to 10 minutes change of task, changing the repetition for that duration.

This process will occur no more than five times in a day. It is unlikely that the cleans are conducted more than twice in any week and more than three times in a month.

Risk factors	Left Arm		Right Arm	
	Colour	Score	Colour	Score
Arm Movement		6		6
Repetition		6		6
Force		4		4
Head/Neck posture		2		2
Back Posture		2		2
Arm Posture		2		2
Wrist Posture		0		0
Hand/Finger Grip		0		0
Breaks		0		0
Work Pace		1		1
Other Factors		0		0
Total Score		23	Total Score	23
Duration Multiply	X 0.5		X 0.5	
Exposure Score		11.5	Exposure Score	11.5
Psychological Factors	No factors			

Steam Cleans are very infrequent cleans, normally conducted by the Proprietor.