

Activity Analysis

Name of activity:

List of sub-tasks in order done:

	How do I do it now?	How could I modify it?
When do I do it?		
Day, time, frequency, duration		
Physical demands		
Body positioning, reaching, lifting, twisting, etc		
Weights		
Repetitive movements (which body parts)		
Ergonomics		
Where do I do it?		
What tools do I use?		

Environment	How do I do it now?	How could I modify it?
Light, temperature, noise, etc		
Social, interpersonal factors		
Thinking		
Concentration, memory		
Feeling		
Emotional demands		