



Strain Index Scoring Sheet

Date: _____	Task: _____
Company: _____	Supervisor: _____
Dept: _____	Evaluator: _____

Risk Factor	Rating Criterion	Observation	Multiplier	Left	Right	
Intensity of Exertion (Borg Scale - BS)	Light	Barely noticeable or relaxed effort (BS: 0-2)	1			
	Somewhat Hard	Noticeable or definite effort (BS: 3)	3			
	Hard	Obvious effort; Unchanged facial expression (BS: 4-5)	6			
	Very Hard	Substantial effort; Changes expression (BS: 6-7)	9			
	Near Maximal	Uses shoulder or trunk for force (BS: 8-10)	13			
Duration of Exertion (% of Cycle)	< 10%	Calculated Duration of Exertion (from inputs below)		0.5		
	10-29%	User Inputs	Left	Right		1.0
	30-49%	Total observation time (sec.)				1.5
	50-79%	Single exertion time (sec.)				2.0
	≥ 80%	Number of exertions during observation time				3.0
		Calculated Duration of Exertion (%)				
Efforts Per Minute	< 4	Calculated Efforts Per Minute (from inputs above)		0.5		
	4 - 8		Left	Right		1.0
	9 - 14					1.5
	15 - 19					2.0
	≥ 20					3.0
Hand/Wrist Posture	Very Good	Perfectly Neutral		1.0		
	Good	Near Neutral		1.0		
	Fair	Non-Neutral		1.5		
	Bad	Marked Deviation		2.0		
	Very Bad	Near Extreme		3.0		
Speed of Work	Very Slow	Extremely relaxed pace		1.0		
	Slow	Taking one's own time		1.0		
	Fair	Normal speed of motion		1.0		
	Fast	Rushed, but able to keep up		1.5		
	Very Fast	Rushed and barely/unable to keep up		2.0		
Duration of Task Per Day (hours)	<1			0.25		
	1 < 2			0.50		
	2 < 4			0.75		
	4 ≤ 8			1.00		
	> 8			1.50		
Results Key	SI ≤ 3		Job is probably safe			
	3 < SI < 7		Job may place individual at increased risk for distal upper extremity disorders			
	7 ≤ SI		Job is probably hazardous			

Notes/ Comments

Reference: Moore, JS and Garg, A. (1995). The Strain Index: A proposed method to analyze jobs for risk of distal upper extremity disorders. Journal of the American Industrial Hygiene Association, (56), 457-458.