# Strain Index Scoring Sheet

## 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

### Efforts Per Minute
- < 4 | Calculated Efforts Per Minute (from inputs above) | 0.5
- 4 - 8 |  | Left | Right | 1.5
- 9 - 14 |  | 2.0
- 15 - 19 |  | 3.0
- ≥ 20 |  | 1.0

### 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
- SI > 7 | Job is probably hazardous

## Notes/Comments