



Revised Strain Index

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

Risk Factor	Observation	Left	Left Score	Right	Right Score
Intensity of Exertion (Borg Scale - BS)	Light: Barely noticeable or relaxed effort (BS: 0-2)				
	Somewhat Hard: Noticeable or definite effort (BS: 3)				
	Hard: Obvious effort; Unchanged facial expression (BS: 4-5)				
	Very Hard: Substantial effort; Changes expression (BS: 6-7)				
	Near Maximal: Uses shoulder or trunk for force (BS: 8-10)				
Efforts Per Minute	Total Number of Exertions Observed				
	Total Observation Time (sec.)				
Duration Per Exertion	Average Single Exertion Time (sec.)	% Duration of Exertion ≤ 100% ?			
		Left	Right		
Hand/Wrist Posture	Left	Right			
	<input checked="" type="radio"/> Flexion (degrees)	<input checked="" type="radio"/> Flexion (degrees)			
	<input type="radio"/> Extension (degrees)	<input type="radio"/> Extension (degrees)			
Duration of Task Per Day	Duration of task per day (hours)				
Results Key	SI ≤ 10 Job is probably safe				
	SI > 10 Job is probably hazardous				

Notes/ Comments	WARNING CENTER
	Reference Pictures

Reference: Arun Garg, J. Steven Moore & Jay M. Kapellusch (2016): *The Revised Strain Index: an improved upper extremity exposure assessment model*, *Ergonomics*, DOI: 10.1080/00140139.2016.1237678