***Tabel Knelpunten Rugradar* ©Zwaartepunt**

Naam afdeling:

Naam ergocoach:

Datum:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Vragen** | **Knelpunten per vraag** | **Groen** | **Oranje** | **Rood**  |
| 1. Tillen
 |  |  |  |  |
| 1. Trekken
 |  |  |  |  |
| 1. Duwen
 |  |  |  |  |
| 1. Statische belasting
 |  |  |  |  |
| 1. Manoeuvreren
 |  |  |  |  |
| 1. Drukken
 |  |  |  |  |
| 1. Dragen
 |  |  |  |  |
| 1. Hoog werken
 |  |  |  |  |
| 1. Reiken
 |  |  |  |  |
| 1. Beeldscherm-werk
 |  |  |  |  |
| 1. Zitten
 |  |  |  |  |
| 1. Repeterend werk
 |  |  |  |  |
| 1. Wringen
 |  |  |  |  |
| 1. Staan
 |  |  |  |  |
| 1. Hurken
 |  |  |  |  |
| 1. Andere Werkzaam-heden
 |  |  |  |  |
| 1. Hulpmiddelen
 |  |  |  |  |
| 1. Oplossingen
 |  |  |  |  |