



Health and safety checklist

Use this checklist to help you identify hazards at your workplace.

Physical inactivity and screen time	Yes	No	N/A
Are work tasks designed to include healthy dynamic muscular movement, including large limb and trunk movement to encourage circulation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are workstations and/or equipment designed to encourage the above?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are tasks designed to encourage frequent eye movement and change of focus?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are regular walking or stretching breaks an accepted part of the workplace culture?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is information available on the benefits of activity and regular movement? (e.g. stretching regularly at work)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is information available on local physical activity opportunities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>