

Job Strain Index Worksheet

	Intensity of Exertion (IE)	Duration of Exertion (DE)	Efforts/Minute (EM)	Hand/Wrist Posture (HWP)	Speed of Work (SW)	Duration per Day (DD)
Exposure data						
Ratings						
Multipliers						
SI Scores						

$$\text{JSI} = \text{IE} \times \text{DE} \times \text{EM} \times \text{HWP} \times \text{SW} \times \text{DD}$$

Moore, J.S. and Garg, A. (1995) American Industrial Hygiene Journal 56:443-58.