

Employee energy expenditure assessment form

No.	Description of activities performed at the workplace, taking into account positions adopted while performing them and carrying loads	Duration of individual activities [min.]	Unit energy cost of the performed activity [effective kcal /min.] or [effective kJ /min.]	Energy expenditure during an eight-hour work shift [effective kcal /8 hours]	Employee's gender (F / M)	Thermal conditions in the work environment *)	Eligible/ not eligible for meal and/or drinks
1	2	3	4	5	6	7	8

.....
date and signature of the Head of an organizational unit

.....
date and signature of the Head of the OHS Inspectorate

items 1, 2, 3, 6 and 7: – to be completed by the person managing an employee's work

items 4, 5 and 8: – to be completed by the Head of the OHS Inspectorate

*):

- complete depending on the actual conditions (assessment according to PN – 85/N-08011)

A – WBGT thermal index above 25°C

B – constant temperature below 10°C

C – open space from 1 November to 31 March

D – working conditions other than those listed in A – C (specify)