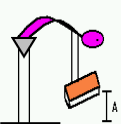


## CALCULATION OF RECOMMENDED WEIGHT LIMIT AND LIFTING INDEX

<b>WEIGHT CONSTANT (kg.)</b>		Men		Women		NIOSH ORIGINAL 23	X	CP
	18-45 years hold	25		20				
	<18 e >45 years hold	20		15				

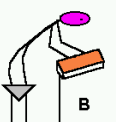


A

**HEIGHT OF HANDS FROM THE GROUND AT THE BEGINNING (OR END) OF THE LIFT**

HEIGHT (cm)	0	10	20	30	40	50	60	70	75	80	0,78	VM
FACTOR	0,78	0,81	0,84	0,87	0,90	0,93	0,96	0,99	1,00	0,99		
HEIGHT (cm)	90	100	110	120	130	140	150	160	175	>175	0,96	X
FACTOR	0,96	0,93	0,90	0,87	0,84	0,81	0,78	0,75	0,70	0,00		

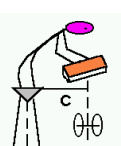


B

**VERTICAL DISTANCE BETWEEN THE BEGINNING AND END OF THE LIFTING OPERATION**

DISPLACEMENT (cm)	≤ 25	40	55	70	85	100	170	0,87	DM
FACTOR	1,00	0,93	0,90	0,88	0,87	0,87	0,86		
DISPLACEMENT (cm)	115	130	145	160	175	>175		0,86	X
FACTOR	0,86	0,86	0,85	0,85	0,85	0			

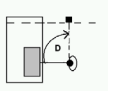


C

**DISTANCE BETWEEN THE MID-POINT OF THE HANDS GRASPING THE LOAD (LOAD CENTER), AND THE MID-POINT BETWEEN THE INSIDE ANKLES (DISTANCE FROM LOAD TO THE BODY):**

DISTANCE (cm)	≤ 25	28	30	32	34	36	38	40	42	44	0,83	HM
FACTOR	1,00	0,89	0,83	0,78	0,74	0,69	0,66	0,63	0,60	0,57		
DISTANCE (cm)	46	48	50	52	54	56	58	60	63	>63	0,54	X
FACTOR	0,54	0,52	0,50	0,48	0,46	0,45	0,43	0,42	0,40	0,00		



**ANGULAR WEIGHT DISTRIBUTION or BODY TWIST (IN GRADES)**

Angular displacement	0	15	30	45	60	75	90	105	135°	>135°	1	AM
FACTOR	1,00	0,95	0,90	0,86	0,81	0,76	0,71	0,66	0,57	0,00		

**LOAD GRIPPING EVALUATION**

EVALUATION	GOOD	FAIR	POOR	0,9	CM
FACTOR	1,00	0,95	0,90		

X

X

**LIFTING FREQUENCY (No. of acts per minute) IN RELATION TO PERFORMANCE**

FREQUENCY ACTION/MIN.	WORKING TIME (CONTINUOUS)		
	≤ 8 HOURS (LONG)	≤ 2 HOURS (MODERATE)	≤ 1 HOURS (SHORT)
<0,1	1,00	1,00	1,00
≤0,1 to <0,2	0,85	0,95	1,00
0,2	0,85	0,95	1,00
0,5	0,81	0,92	0,97
1	0,75	0,88	0,94
2	0,65	0,84	0,91
3	0,55	0,79	0,88
4	0,45	0,72	0,84
5	0,35	0,60	0,80
6	0,27	0,50	0,75
7	0,22	0,42	0,70
8	0,18	0,35	0,60
9	0,00	0,30	0,52
10	0,00	0,26	0,45
11	0,00	0,00	0,41
12	0,00	0,00	0,37
13	0,00	0,00	0,00
14	0,00	0,00	0,00
15	0,00	0,00	0,00
>15	0,00	0,00	0,00

0,45

FM

MULTIPLIERS FOR AREAS UNDER 75 CM

	NO	YES
LIFTS WITH ONE LIMB	1,00	0,60

	NO	YES
LIFTING BY TWO OPERATORS	1,00	0,85

	X
1	OM
	X
1	TM

KG. OF WEIGHT ACTUALLY LIFTED	10	Kg.	RECOMMENDED WEIGHT LIMIT	2,28	Kg.
	LIFTED WEIGHT		LI or LIFTING INDEX		
	RECOMMENDED WEIGHT		4,38		

# INDEVA<sup>®</sup>

## INTELLIGENT DEVICES FOR HANDLING

R.E.A. BG 353315  
 Reg. Impr. BG / C.F. 03146130160  
 P.IVA IT03146130160  
 Cap. Soc. €1.950.000,00 i.v.  
 Direzione e coord. da parte di "S.I.T. – Società Italiana  
 Trasmissioni SpA" - Val Brembilla (BG) - C.F. 00777880154

