

CALCULATION OF RECOMMENDED WEIGHT LIMIT AND LIFTING INDEX

WEIGHT CONSTANT (kg.)	18-45 years hold	Men	25	Women	20	NIOSH ORIGINAL	23	C/P	X	X			
	<18 e >45 years hold	Men	20	Women	15								
	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		
	FACTOR	0,96	0,93	0,90	0,87	0,84	0,81	0,78	0,75	0,70	0,00		
	VERTICAL DISTANCE BETWEEN THE BEGINNING AND END OF THE LIFTING OPERATION										0,87	DM	
	DISPLACEMENT (cm)	≤ 25	40	55	70	85	100	170					
	FACTOR	1,00	0,93	0,90	0,88	0,87	0,87	0,86					
	DISPLACEMENT (cm)	115	130	145	160	175	>175						
	DISTANCE BETWEEN THE MID-POINT OF THE HANDS GRASPING THE LOAD (LOA) CENTER), AND THE MID-POINT BETWEEN THE INSIDE ANKLES (DISTANCE FROM LOAD TO THE BODY):										0,83	HM	
	DISTANCE (cm)	≤ 25	28	30	32	34	36	38	40	42			44
	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
	ANGULAR WEIGHT DISTRIBUTION or BODY TWIST (IN GRADES)										1	AM	
	Angular displacement	0	15	30	45	60	75	90	105	135°			>135°
	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					
LIFTING FREQUENCY (No. of acts per minute) IN RELATION TO PERFORMANCE	FREQUENCY										0,45	FM	
	ACTION/MIN.	WORKING TIME (CONTINUOUS)											
		≤ 8 HOURS (LONG)	≤ 2 HOURS (MODERATE)	≤ 1 HOUR (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										
MULTIPLIERS FOR AREAS UNDER 75 CM													
LIFTS WITH ONE LIMB	NO	YES								1	OM		
	1,00	0,60											
LIFTING BY TWO OPERATORS	NO	YES								1	TM		
	1,00	0,85											

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