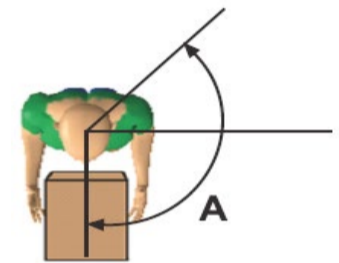
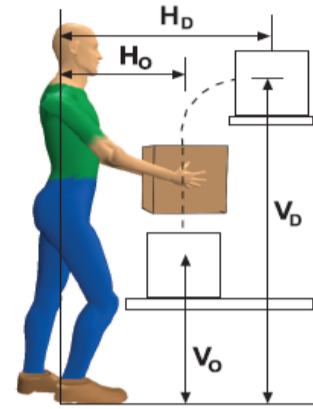




NIOSH Lifting Equation Manual Scoring Sheet

Date: _____	Task: _____
Company: _____	Supervisor: _____
Dept: _____	Evaluator: _____

ACTUAL MEASUREMENTS	Origin	Destination
Load Weight (L) (pounds)		
Load Constant (pounds)	51	51
Horizontal Location (H) (inches)		
Vertical Location (V) (inches)		
Vertical Travel Distance (Vo - Vd)		
Asymmetry Angle (A) (degrees)		
Lifting Duration (hours)		
Lifting Frequency (F) (lifts/minute)		
Coupling (C)		



RESULTS

	Origin	Destination
Recommended Weight Limit (RWL)		
Lifting Index (LI)		

$LI \leq 1$ 7 KLV OLIW PD\ EH DFFHSWDEOH
$1 < LI \leq 3$ 7 KLV OLIW PD\ LQFUHDVH WKH ULVN RI ORZ EDFN RU OLIWLQJ LQMXU\ &RQWUROV VKRXOG EH FRQVLGHUHG
$LI > 3$ 7 KLV OLIW PD\ H[FHHG WKH FDSDELOLWLHV QHDUO\ DOO ZRUNHUV 5HGHLJQ RI WKH OLI

'RXEOH FLUFOH ZRUVW FDVH PXOWLSOLHU VLQJOH FLUFOH VHFRRQG ZRUVW FDVH PXOWLSOLHU

H V D A F C

