## Recommended Manual Material Handling Zones

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| Illustration of the Lifting Comfort Zone (Left=Maximum Lifting Zone, Right=Optimal Lifting Zone) | |
| H:\Ergonomics\Ergonomics Job Hazard Analysis\ErgoDesigner Line Art\standingwboxclothedbw1.gif | H:\Ergonomics\Ergonomics Job Hazard Analysis\ErgoDesigner Line Art\standingwboxclothedbw2.gif |

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| Recommended Dimensions for Lifting Comfort Zone | | |
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| Criteria | Dimension | Description |
| **A. Maximum Zone bottom** | Min. 20" | Minimum height |
| **B. Maximum Zone top** | Max. 60" | Maximum height |
| **C. Optimal Zone bottom** | Min. 30" | Minimum height in optimal zone |
| **D. Optimal Zone top** | Max. 50" | Maximum height in optimal zone |
| **E. Distance from body to hand placement** | Max. 10" | Optimal distance in front of the body. |