# Calculator for analyzing lifting operations

Clear Form

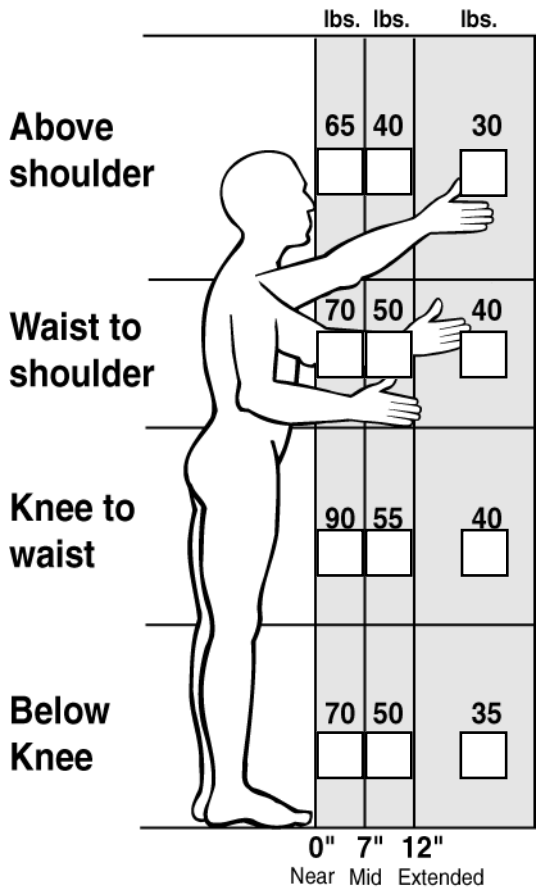
**Company** _____ **Evaluator** _____

**Job** Low Lift **Date** _____

**1** **Enter the weight of the object lifted.**

**Weight Lifted** _____ **lbs.**

**2** **Check the box on a rectangle below that corresponds to the position of the person's hands when they begin to lift or lower the objects.**




**3** **Check the number that corresponds to the times the person lifts per minute and the total number of hours per day spent lifting.**

**Note:** For lifting done less than once every five minutes, use **1.0**

| How many lifts per minute? | How many hours per day? 1 hr or less | 1 hr to 2 hrs | 2 hrs or more |
|---|---|---|---|
| 1 lift every 2-5 min | 1.0 | 0.95 | 0.85 |
| 1 lift every min | 0.95 | 0.9 | 0.75 |
| 2-3 lifts every min | 0.9 | 0.85 | 0.65 |
| 4-5 lifts every min | 0.85 | 0.7 | 0.45 |
| 6-7 lifts every min | 0.75 | 0.5 | 0.25 |
| 8-9 lifts every min | 0.6 | 0.35 | 0.15 |
| 10+ lifts every min | 0.3 | 0.2 | 0.0 |

**4** **Check 0.85 if the person twists more than 45 degrees while lifting.** ☐ 0.85

**Otherwise Check** ☐ 1.0

**5** **Insert below the numbers you have checked in steps 2, 3, and 4.**

| _____ lbs. | X | _____ | X | _____ | = | Lifting Limit _____ lbs. |
|---|---|---|---|---|---|---|
| Step 2 | | Step 3 | | Step 4 | | |

**6** **Is the Weight Lifted (1) less than the Lifting Limit (5)** ☐ **Yes – OK** ☐ **No – HAZARD**

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Note: If the job involves lifts of objects with a number of different weights and/or from a number of different locations, use Steps 1 through 5 above to:

1. Analyze the 2 worst case lifts—the heaviest object lifted and the lift done in the most awkward posture.
2. Analyze the most commonly performed lift. In Step 3, use the frequency and duration for all the lifting done in a typical workday.