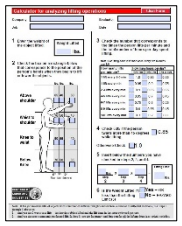
## LNI Lift Calculator



Making use of the ***LNI Lift Calculato***r, please complete two short lift analyses based on the ***Still Pictures*** and the provided ***Background Information***.

Fill out the **'LNI Lifting Calculator Worksheet Fillable PDF** worksheets found in this packet**.** Refer to the ***'Control Manual Material Handling'*** section in the manual, for step-by-step instructions to fill out the Worksheet.

### *Exercise One – Low Lift*

| Still Picture | Background Information |
|---|---|
| | **Task**<br>In this simulation, parts containers are lowered to load and unload machinery at a height shown in the picture.<br>**Object Weight**<br>50 to 60#<br>**Hand Position**<br>Use the height of the basket as you see it, NOT moved to floor/shelf<br>**Lifts/Min**<br>1 to 3 times/minute<br>**Hours/Day**<br>5 to 15 minutes at one time up to 45 minutes total for the shift<br>**Twisting**<br>No spinal rotation or twisting occurs<br>**Homework Tip**<br>Look at the center of gravity for the load and refer to the ***'Control Manual Material Handling'*** section in the manual to determine the Horizontal Distance |

### *Exercise Two – Pallet Top Lift*

| Picture | Background Information |
|---|---|
| | **Task**<br>In this simulation materials. are palletized with the top row of the pallet as portrayed in the picture to the left.<br>**Object Weight**<br>25 to 65#<br>**Hand Position**<br>Use the height of the basket as you see it in the picture<br>**Lifts/Min**<br>2 to 3 times/minute<br>**Hours/Day**<br>Up to 75 minutes/day<br>**Twisting**<br>No spinal rotation or twisting occurs<br>**Homework Tip**<br>Look at the center of gravity for the load and refer to the ***'Control Manual Material Handling'*** section in the manual to determine the Horizontal Distance |