

# Calculator for analyzing lifting operations

Company

Evaluator

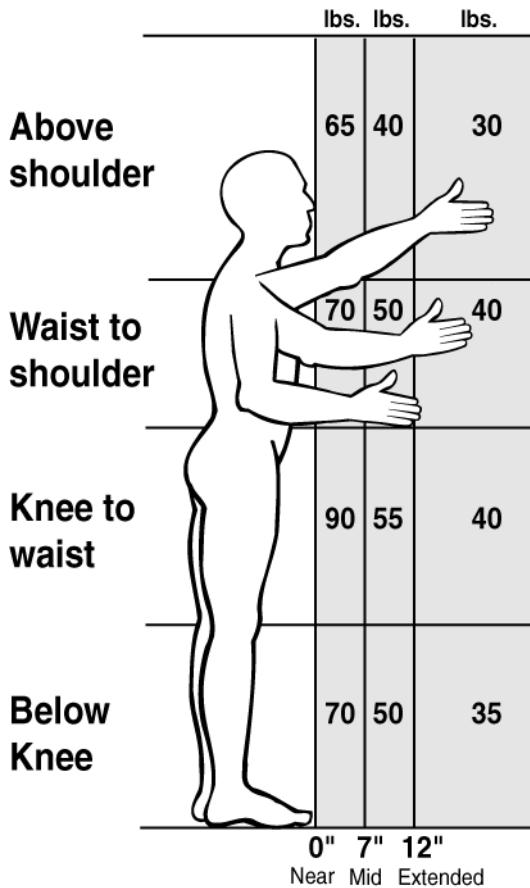
Job

Date

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

Weight Lifted
lbs.

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



**3** Circle 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** Circle 0.85 if the person twists more than 45 degrees while lifting. 0.85

Otherwise circle 1.0

**5** Copy below the numbers you have circled in steps 2, 3, and 4.

lbs.	X	Step	X	Step	=	Lifting Limit
2		3		4		lbs.

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



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:

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