LIFTING ANALYSIS WORKSHEET

DEPARTMENT _____ JOB DESCRIPTION

JOB TITLE _____ _____

ANALYST'S NAME _____ _____

DATE

STEP 1. Measure and record task variables

Object Weight (lbs)		Hand Location				Vertical Distance	Asymmetric Angle (deg.)		Frequency Rate	Duration	Object Coupling
		Origin		Dest			Origin	Destination			
L(AVG)	L(MAX)	H	V	H	V	D	A	A	F		C

STEP 2. Determine the multipliers and compute the RWLs

RWL = LC x HM x VM x DM x AM x FM x CM

ORIGIN	RWL	=	51	x		x		x		x		x		x		=	
DEST.	RWL	=	51	x		x		x		x		x		x		=	

STEP 3. Compute the LIFTING INDEX

ORIGIN LIFT INDEX $\frac{\text{OBJECT WEIGHT}}{\text{RWL}}$ = _____ = _____

DESTINATION LIFT INDEX $\frac{\text{OBJECT WEIGHT}}{\text{RWL}}$ = _____ = _____