

Lift, Lower, Push, Pull, and Carry Guidelines Scoring Sheet

Date: _____ Task: _____
 Company: _____ Supervisor: _____
 Dept: _____ Evaluator: _____

Actual Weight: _____ **Actual Force:** _____

Lift

	Measured	Chart Value								RWL
Hand Distance (cm)		38			25			17		Males
Lift Distance (cm)		76			51			25		
Range		Floor to knuckle			Knuckle to shoulder			Shoulder to arm reach		Females
Frequency		5s	9s	14s	1min	2min	5min	30min	8h	
Percent		90		75		50		25		10

Lower

	Measured	Chart Value								RWL
Hand Distance (cm)		38			25			17		Males
Lower Distance (cm)		76			51			25		
Range		Floor to knuckle			Knuckle to shoulder			Shoulder to arm reach		Females
Frequency		5s	9s	14s	1min	2min	5min	30min	8h	
Percent		90		75		50		25		10

Push

	Measured	Chart Value												RWL
Force Type		Initial						Sustained						Males
Height (cm)		Males			144			95			64			
		Females			135			89			57			
Distance (m)		2.1		7.6		15.2		30.5		45.7		61.0		Females
Frequency		6s	12s	15s	22s	35s	1min	2min	5min	5min	30min	8h		
Percent		90		75		50		25		10				

Pull

	Measured	Chart Value												RWL
Force Type		Initial						Sustained						Males
Height (cm)		Males			144			95			64			
		Females			135			89			57			
Distance (m)		2.1		7.6		15.2		30.5		45.7		61.0		Females
Frequency		6s	12s	15s	22s	35s	1min	2min	5min	5min	30min	8h		
Percent		90		75		50		25		10				

Carry

	Measured	Chart Value												RWL
Height (cm)		Males			111			79						Males
		Females			105			72						
Distance (m)		2.1			4.3			8.5						Females
Frequency		6s	10s	12s	16s	18s	24s	1min	2min	5min	30min	8h		
Percent		90		75		50		25		10				