

LM MMH Guidelines Scoring Sheet

Date: _____
 Company: _____
 Dept: _____

Task: _____
 Supervisor: _____
 Evaluator: _____

Lift	Measurements & Lookup Values		
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female
Range	Floor to Knuckle Ht.	Knuckle to Shoulder Ht.	Shoulder Ht. to Arm Reach
Hand Distance (in)			
Lift Distance (in)			
Frequency			
Percent Capable			
RWL (lb)			
Actual Weight (lb)			

Lower	Measurements & Lookup Values		
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female
Range	Floor to Knuckle Ht.	Knuckle to Shoulder Ht.	Shoulder Ht. to Arm Reach
Hand Distance (in)			
Lower Distance (in)			
Frequency			
Percent Capable			
RWL (lb)			
Actual Weight (lb)			

Push	Measurements & Lookup Values	
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female
Force Type	Initial	Sustained
Hand Height (in)		
Distance Pushed (ft)		
Frequency		
Percent Capable		
RWL (lb)		
Actual Force (lb)		

Pull	Measurements & Lookup Values	
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Male <input type="checkbox"/> Female
Force Type	Initial	Sustained
Hand Height (in)		
Distance Pulled (ft)		
Frequency		
Percent Capable		
RWL (lb)		
Actual Force (lb)		

Carry	Measurements & Lookup Values
Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
Hand Height (in)	
Distance Carried (ft)	
Frequency	
Percent Capable	
RWL (lb)	
Actual Weight (lb)	

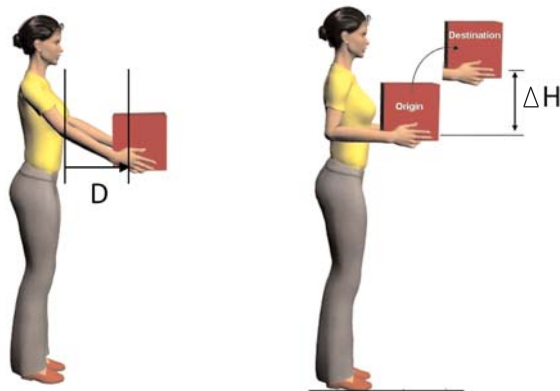
Lift/Lower

Determine requirements:

- Gender – Male or Female
- Percentage capable (90, 75, 50, 25, 10)

Measure and choose the nearest chart value:

- Hand distance – Horizontal distance from front of body to knuckle of middle finger (D) (15, 10, 7)
- Distance lifted – Measured from foot level to the knuckle of middle finger (ΔH), to determine the distance traveled within each region (30, 20, 10)
- Height range of lift—Three regions: floor to knuckle height, knuckle height to shoulder height, and shoulder height to arm reach
- Frequency of lift/lower – Match as close as possible (5s, 9s, 14s, 1m, 2m, 5m, 30m, 8h)
- Box weight – For comparison



Push/Pull

Determine requirements:

- Gender – Male or Female
- Percentage capable (90, 75, 50, 25, 10)
- Force type used for calculation(s): Initial or Sustained

Measure and choose the nearest chart value:

- Hand height – Measured from foot level to the knuckle of middle finger (H)
- Distance moved (feet) – Measured from origin to destination (7, 25, 50, 100, 150, 200)
- Frequency of push/pull – Match as close as possible (6s, 12s, 15s, 22s, 35s, 1m, 2m, 5m, 30m, 8h)

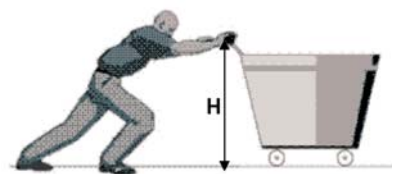


Photo from Liberty Mutual Insurance:
<http://libertymmhtables.libertymutual.com>

Carry

Determine requirements:

- Gender – Male or Female
- Percentage capable (90, 75, 50, 25, 10)

Measure and choose the nearest chart value:

- Hand height – Measured from foot level to the knuckle of middle finger (H)
- Distance carried (feet) – Measured from origin to destination (7, 14, 28)
- Frequency of carry – Match as close as possible (6s, 10s, 12s, 16s, 18s, 24s, 1m, 2m, 5m, 30m, 8h)

