

NIOSH Composite Lifting Index (CLI) Data/Scoring Sheet

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

Actual Measurements

	Lift 1:		Lift 2:		Lift 3:		Lift 4:		Lift 5:		Avg Wt. L(avg)
	Origin	Destination	Origin	Destination	Origin	Destination	Origin	Destination	Origin	Destination	
Obj. Weight (lbs)											
Horizontal Distance (in)											
Vertical Location (in)											
Distance Traveled (in)											
Asymmetry (degrees)											
Hours											
Frequency (lifts/min)											
Coupling											

Multiplier Values and RWL Calculation

	Load Constant	HM	VM	DM	AM	CM	FIRWL x FM	STRWL	FIL _L = L/FIRWL	STLI= L(avg)/STRWL	New Task Number
Lift 1	51										
Lift 2	51										
Lift 3	51										
Lift 4	51										
Lift 5	51										

CLI Calculation

Renumbered Lift 1 $STLI_1$ + 2 $FIL_2 * (1/FM_{1+2} - 1/FM_1)$ + 3 $FIL_3 * (1/FM_{1+2+3} - 1/FM_{1+2})$ + 4 $FIL_4 * (1/FM_{1+2+3+4} - 1/FM_{1+2+3})$ + 5 $FIL_5 * (1/FM_{1+2+3+4+5} - 1/FM_{1+2+3+4})$

	1	2	3	4	5
CLI =					
CLI =	+	+	+	+	=

Results

CLI Score	Action Level
LI ≤ 1	The lift grouping is acceptable
1 < LI ≤ 3	The lift grouping is risky, and changes should be considered
LI > 3	The lift grouping should be redesigned