

Manual Material Handling

Lifting

Single task

Task

Multiple task

Task

Company:

Date:

Observations:

Population:

Male

Female

Age group (years):

20-45

<20 ó >45

Variables

Duration

Short

Moderate

Long

Extended time

Not applicable (≤8h)

Between 8-9 hours

Between 9-10 hours

Between 10-11 hours

Between 11-12 hours

Load mass (kg)

Frequency (lif/min.)

Variables

	Origin	Destination
Horizontal location (cm.)		
Vertical location (cm.)		
Angle of asymmetry (°)		
Type of grip (good, fair, poor)		
Control at destination	<input type="checkbox"/> Yes	<input type="checkbox"/> No
One handed operation	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Two-person operation	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Three-person operation	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Additional task	<input type="checkbox"/> Yes	<input type="checkbox"/> No