



Manual Material Handling

Variable Lifting

Task:

Company:

Date:

Observations:

Population Male Female

Age group (years) 20-45 <20 ó >45

Variables

Duration	<input type="checkbox"/> Short	<input type="checkbox"/> Moderate	<input type="checkbox"/> Long		
Extended time (hours)	<input type="checkbox"/> Not applicable (≤ 8 hours)	<input type="checkbox"/> Between 8-9 hours	<input type="checkbox"/> Between 9-10 hours	<input type="checkbox"/> Between 10-11 hours	<input type="checkbox"/> Between 11-12 hours
Total working time (minutes)					
Tarea adicional	<input type="checkbox"/> Sí	<input type="checkbox"/> No			

Loads

PRODUCT	LOAD (kg)	NUMBER OF LIFTINGS

Handling conditions

Horizontal position	<input type="checkbox"/> Near (<40 cm)	<input type="checkbox"/> Medium (40-50 cm)	<input type="checkbox"/> Far (>50 cm)
Vertical position	<input type="checkbox"/> Ideal (50-125 cm)	<input type="checkbox"/> Not ideal (<50 ó >125 cm)	
Angle of asymmetry (>45° in >50% of the liftings)	<input type="checkbox"/>		
One handed operation	<input type="checkbox"/>		
Two person operation	<input type="checkbox"/>		
Three person operation	<input type="checkbox"/>		