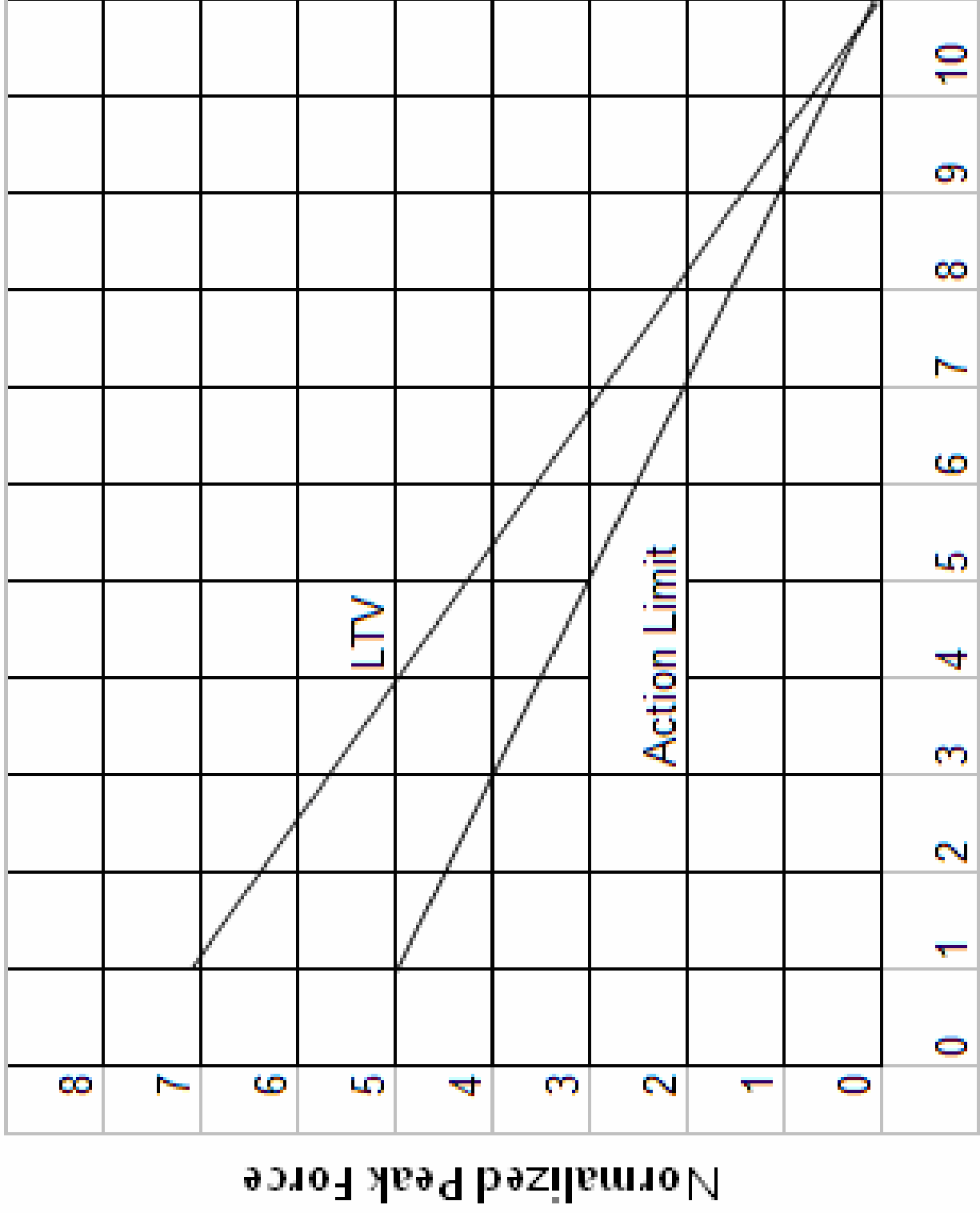


TLV for Hand Activity

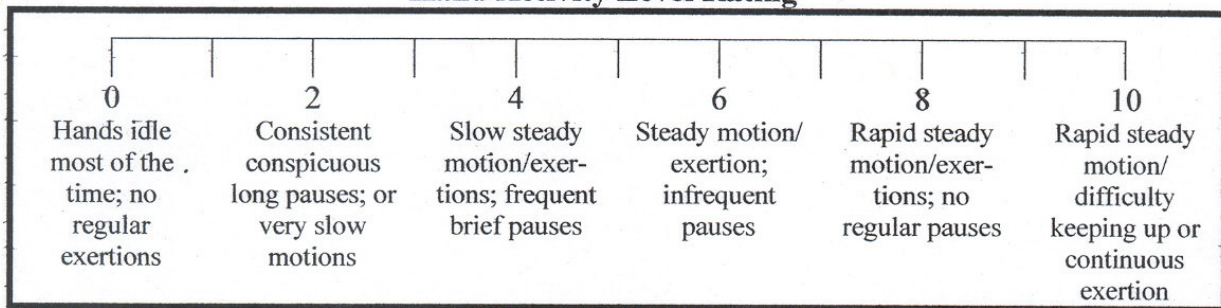


Hand Activity Level

ACGIH® TLV® for Hand Activity

Job	Analyst	Date
	Left	Right
Hand Activity Level (HAL) (See scale below)		
Normalized Peak Force (NPF) (See table below)		
Ratio = NPF / (10-HAL)		
Determine Result	> TLV <input type="checkbox"/> TLV = 0.78 AL to TLV <input type="checkbox"/> AL = 0.56 < AL <input type="checkbox"/>	> TLV <input type="checkbox"/> AL to TLV <input type="checkbox"/> < AL <input type="checkbox"/>

Hand Activity Level Rating



Estimation of Normalized Peak Force for Hand Forces

%MVC	Borg Scale		Moore-Garg Observation (Alternative Method)	NPF
	Score	Verbal Anchor		
0	0	Nothing at all		0
5	0.5	Extremely Weak (Just Noticeable)	Barely Noticeable or Relaxed Effort	0.5
10	1	Very Weak		1
20	2	Weak (Light)	Noticeable or Definite Effort	2
30	3	Moderate		3
40	4		Obvious Effort, But Unchanged Facial Expression	4
50	5	Strong (Heavy)		5
60	6		Substantial Effort with Changed Facial Expression	6
70	7	Very Strong		7
80	8			8
90	9		Uses Shoulder or Truck for Force	9
100	10	Extremely Strong (almost maximum)		10