Applications Manual for the Revised NIOSH Lifting Equation, Waters, T.R., Putz-Anderson, V., Garg, A., National Institute for Occupational Safety and Health, January 1994 (DHHS, NIOSH Publication No. 94-110).

Job Analysis Worksheet

DEPARTMENT _____

JOB TITLE _____

ANALYST'S NAME _____

DATE _____

JOB DESCRIPTION

_____

_____

_____

STEP 1. Measure and record task variables

Object Weight (lbs)		Hand Location (in)				Vertical Distance (in)	Asymmetric Angle (degrees)		Frequency Rate	Duration	Object Coupling
		Origin		Dest.			Origin	Destination	lifts/min	(HRS)	
L (Avg.)	L (Max.)	H	V	H	V	D	A	A	F		C

STEP 2. Determine the multipliers and compute the RWL's

RWL = LC × HM × VM × DM × AM × FM × CM

ORIGIN RWL = ☐ × ☐ × ☐ × ☐ × ☐ × ☐ × ☐ = ☐ Lbs

DESTINATION RWL = ☐ × ☐ × ☐ × ☐ × ☐ × ☐ × ☐ = ☐ Lbs

STEP 3. Compute the LIFTING INDEX

ORIGIN LIFTING INDEX = $\frac{\text{OBJECT WEIGHT (L)}}{\text{RWL}}$ = _____ = ☐

DESTINATION LIFTING INDEX = $\frac{\text{OBJECT WEIGHT (L)}}{\text{RWL}}$ = _____ = ☐