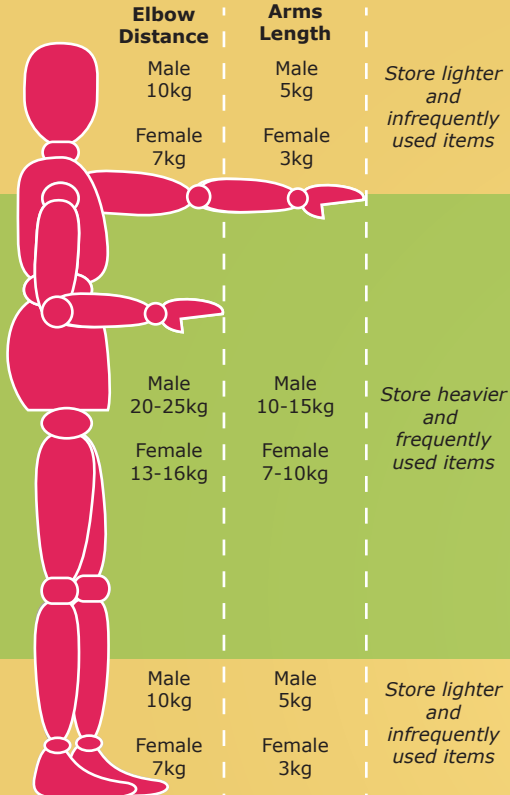


MANUAL MATERIAL HANDLING

Lifting and Lowering Guidelines



Frequency

Lifting guidelines are for infrequent tasks (up to 30 lifts per hour) with the load grasped with both hands and the person in a stable body position.

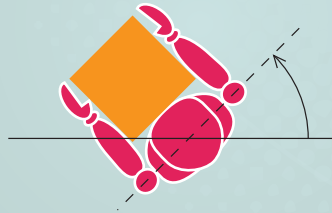
For frequent lifting tasks **reduce weight** by:

- 30%** if task is repeated **1-2 times per minute**
- 50%** if task is repeated **5-8 times per minute**
- 80%** if task repeated **more than 12 times per minute**

Twisting

If the person twists during the task, **reduce the lifting guidelines** by:

- 10%** if person twists **through 45°**
- 20%** if person twists **beyond 90°**

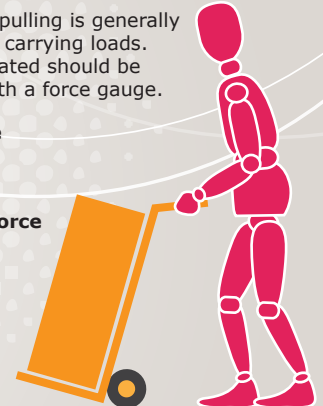


Pushing and Pulling

Pushing and pulling is generally preferable to carrying loads. Forces generated should be measured with a force gauge.

Initial Force
Male 20 kg
Female 15 kg

Sustained Force
Male 15 kg
Female 10 kg



Occupational Physiotherapy Solutions Ltd.