

**HORIZONTAL MULTIPLIER (HM)**

0.83 - 12 in

Horizontal distance (H) from the midpoint between the ankles to the hands while holding the object.

**VERTICAL MULTIPLIER (VM)**

0.78 - 60 in

The vertical distance (V) of the hands from the ground at the start of the lift.

**DISTANCE MULTIPLIER (DM)**

0.94 - 15 in

The vertical distance (D) that the load travels.

**ASYMMETRIC MULTIPLIER (AM)**

0.62 - 120°

The twisting angle (A) of the body while lifting, measured in degrees.

**FREQUENCY MULTIPLIER (FM)**

0.91 - 2 (30 sec)

The number of lifts per minute (F) or (time between lifts) and the duration of lifting over a workshift.

**COUPLING MULTIPLIER (CM)**

0.95 - Fair (V < 30 in)

The quality of grasp (or coupling, C) classified as good (handles), fair or poor and depends on the body position.

**RECOMMENDED WEIGHT LIMIT (RWL)**

$$\text{RWL } 16.64 \text{ lb} = 51 \text{ lb} \times \text{HM } 0.83 \times \text{VM } 0.78 \times \text{DM } 0.94 \times \text{AM } 0.62 \times \text{FM } 0.91 \times \text{CM } 0.95$$

**LIFTING INDEX (LI)**

$$\text{LI } 3.01 = \text{ACTUAL LOAD WEIGHT } 50 / \text{RWL } 16.64$$

Lifting index greater than one indicates increasing risk of pain and injury for a greater percentage of the workforce

Lifting index greater than three exceeds a safe capacity for most of the population and is likely to cause injury

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