Measure and record task variables

Object Weight (lbs)		Hand Location(in)				Vertical Distance(in)	Asymmetric Angle(		Frequency Ra	Duration	Object
		Origin		Dest.			Origin	Destinatio	lifts/min	(HRS)	Coupling
L(Avg)	L(Avg)	H	V	H	V	D	A	A	F		C
20	20	12	0	12	62	62	0	0	0.2	0	Poor

Determine the multipliers and compute the RWL's

		RWL	LC	*HM	*VM	*DM	*AM	*FM	*CM		
Origin	RWL	51	0.8	0.78		0.85	1	1	0.9	25.26	
Destination	RWL	51	0.8	0.76		0.85	1	1	0.9	24.61	

Compute the LIFTING INDEX

Origin	Lifting Inde	=	0.79	<1 = Not Large Risk given assumptions
Destination	Lifting Inde	=	0.81	<1 = Not Large Risk given assumptions

Assumptions

No turning with weight needed
object 12" wide so at most you would need to reach 10" from the body
62" would get the base over the tower
one lift per shift
picking up from the floor