# NIOSH Work Practices Guidelines -- 1991

Complete the following table for the lift of interest. If there is a controlled lift to the destination, then complete both the Origin and Destination sections.

Determine the Recommended Weight Limit by multiplying together the six multipliers and the load constant. The Lifting Index is computed by dividing the Load by the RWL.

Factor	Code	Origin		Destination	
		Value	Multiplier	Value	Multiplier
Horizontal Distance from the Ankles [in]	HM				
Vertical Distance from the Floor [in]	VM				
Vertical Distance Load Moved [in]	DM				
Load Coupling: Good, Fair, Poor	CM	G F P		G F P	
Frequency [lifts / min]	FM				
Asymmetry [°]	AM				
Load Constant [lb]	LC	----	51	----	51
RWL = HMxVMxDMxCMxFMxAMxLC		Multiply the Multipliers Together and Enter at RWL Below		Multiply the Multipliers Together and Enter at RWL Below	
Recommended Weight Limit	RWL	----		----	
Load Lifted [lb]	L	----		----	
Lifting Index LI = L / RWL	LI	----		----	

For applications documentation, see the following for a pdf file:
http://www.cdc.gov/niosh/94-110.html

Multipliers for Horizontal (HM) and Vertical (VM) Positions and the Vertical Travel Distance (DM)
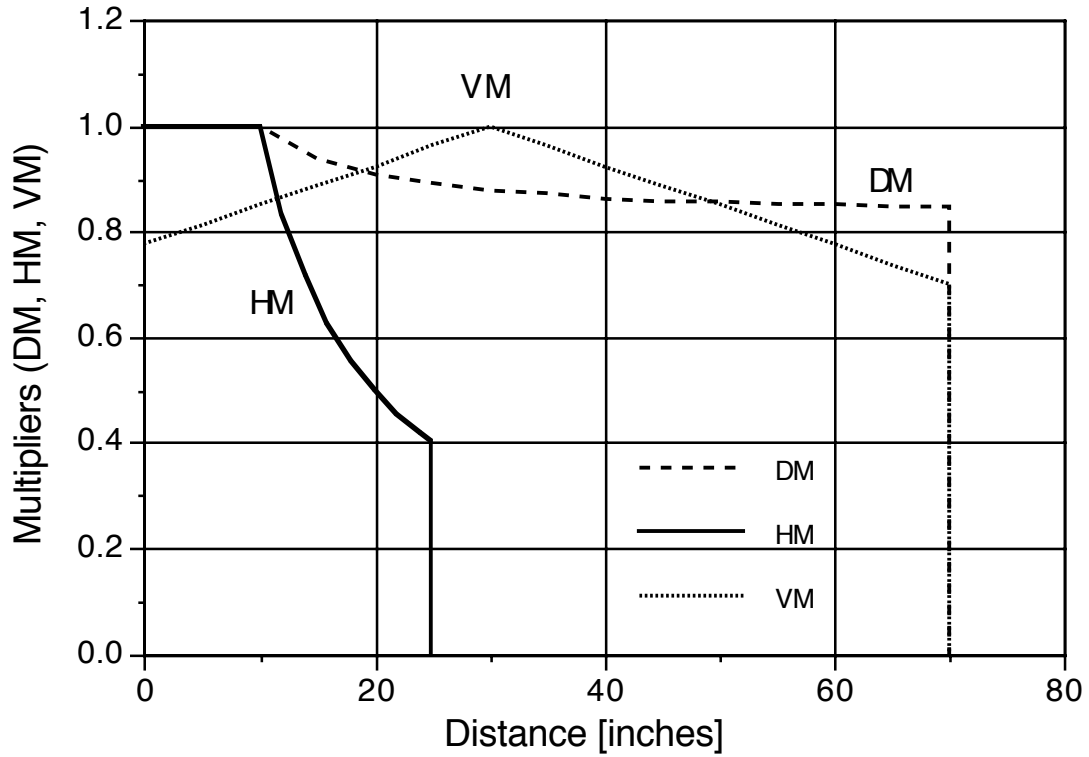
Coupling Multiplier

Coupling	Hand Position at Origin or Destination	
	< 30 in	> 30 in
Good	1.00	1.00
Fair	0.95	1.00
Poor	0.90	0.90

Frequency Multipliers

(plot: FM vs Frequency [lifts / min])

Curves labeled: < 1 hr, < 2 hr, < 8 hr, > 30 in, < 30 in, < 30 in

Asymmetry Multiplier

(plot: AM vs Angle [°])