Department: Job:

ERGONOMICS PLUS

Lifting Task	NIOSH Lifting Variables								
	H Horizontal Location (10-25")	**V** Vertical Location (0-70")	**D** Travel Distance (10-70")	**A** Angle of Asymmetry (0° - 135°)	**C** Coupling (1=good, 2=fair, 3=poor)	**F** Frequency (0.2 - 15 lifts/min)	**L** Ave. Load Lifted (lbs.)	**L** Max. Load Lifted (lbs.)	**Dur** Duration (1, 2, 8 hours)