

# WISHA Lifting Calculator

# When To Use It

- When a task has been flagged by the Job Screen
- Lifting/lowering tasks
  - (adapted from NIOSH Lifting Equation)

## WISHA Lifting Calculator Data Collection

Date: \_\_\_\_\_ Evaluated by: \_\_\_\_\_

Department: \_\_\_\_\_

Job: \_\_\_\_\_

Task: \_\_\_\_\_

**Actual Weight**

**Vertical Hand Position**

- Above shoulder
- Waist to shoulder
- Knee to waist
- Below knee

**Horizontal Hand Position**

- Near (7 inches or less)
- Mid (between 7-12 inches)
- Extended (greater than 12 inches)

**Frequency**

- 1 lift every minute
- 2-3 lifts every minute
- 4-5 lifts every minute
- 6-7 lifts every minute
- 8-9 lifts every minute
- 10+ lifts every minute
- Less than once every 5 minutes

**Duration**

- 1 hour or less
- 1 or 2 hours
- 2 hours or more

**Twisting**

- Less than 45 degrees
- 45 degrees or greater



# Inputs

- Weight of Object
- Horizontal Hand Position
- Vertical Hand Position
- Frequency
- Duration
- Twisting

## WISHA Lifting Calculator Data Collection

Date: \_\_\_\_\_ Evaluated by: \_\_\_\_\_

Department: \_\_\_\_\_

Job: \_\_\_\_\_

Task: \_\_\_\_\_

### Actual Weight

### Vertical Hand Position

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### Twisting

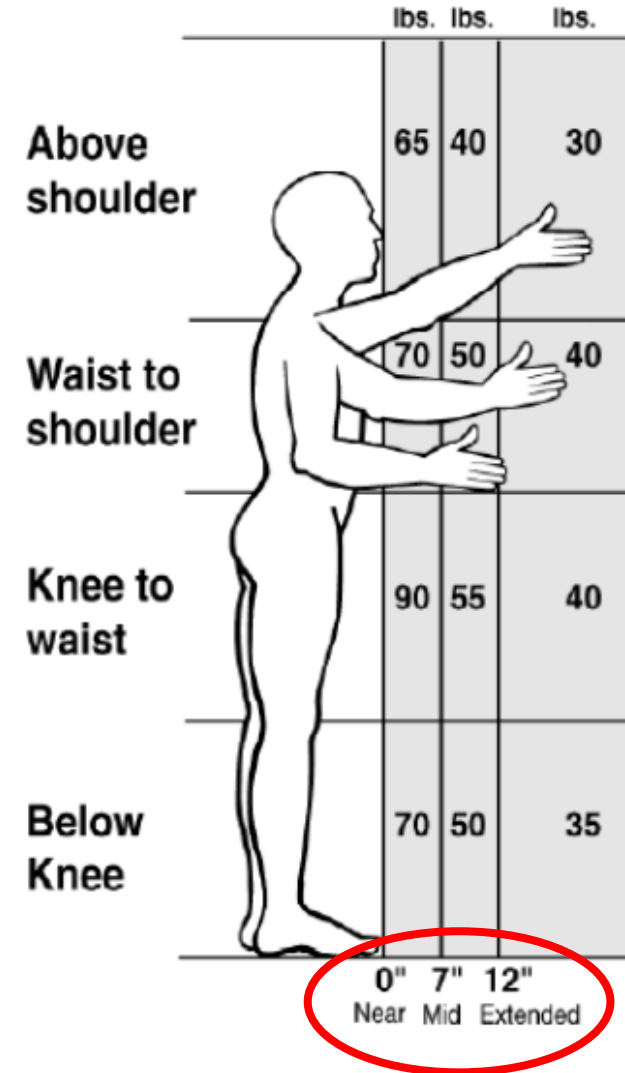
- Less than 45 degrees
- 45 degrees or greater



# Weight of Object

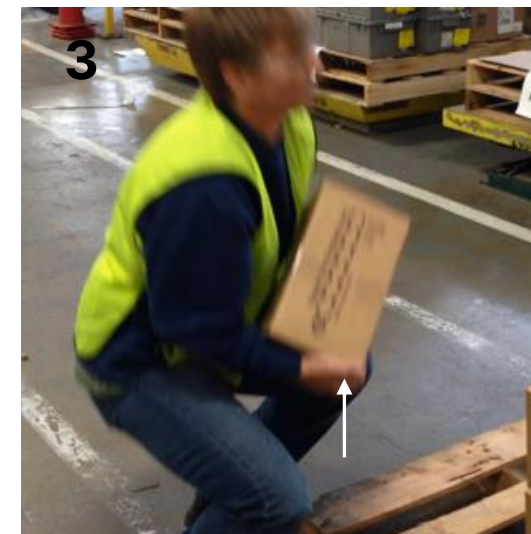


# Horizontal Hand Position



# Horizontal Hand Position

Determine true location of the hands at the Origin or start of the lift.



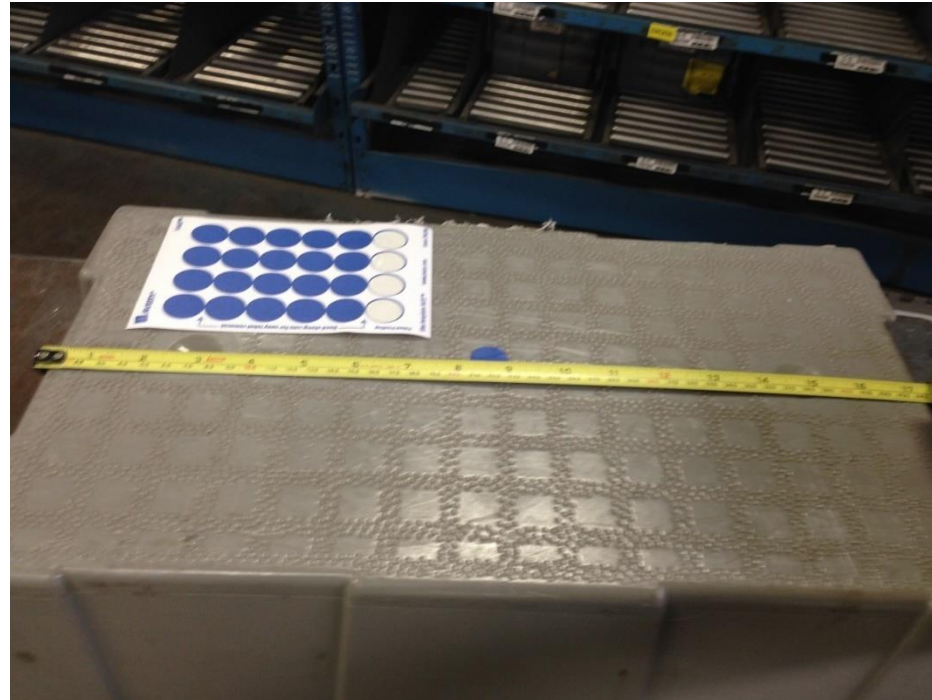
# Horizontal Hand Position

Determine the location of the point projected on the floor directly below the mid-point of the hands grasping the object:



# Horizontal Hand Position

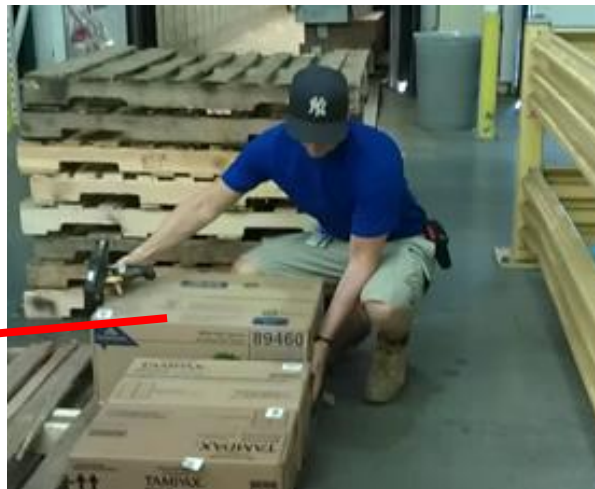
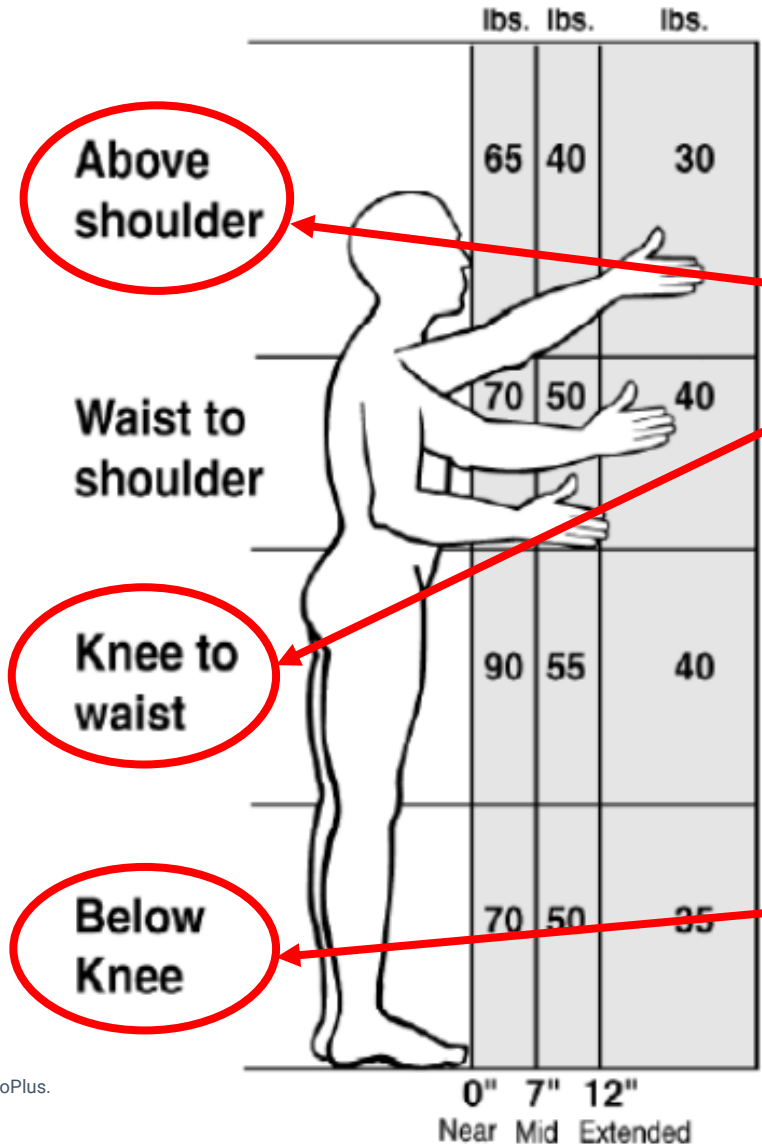
Mid-point of hands grasping the object (load center):



# Horizontal Hand Position



# Vertical Hand Position



# Frequency

## Frequency

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# Duration

## Duration

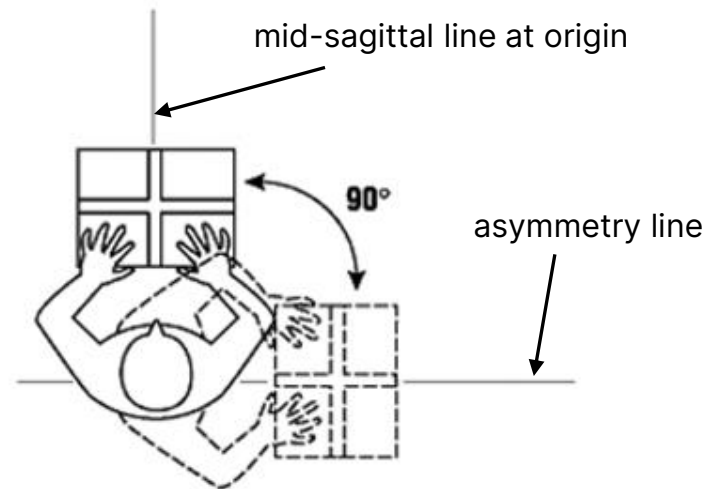
- 1 hour or less
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# Twisting



**Twisting** – Measure the degree to which the body is required to twist or turn during the lifting task. The asymmetric angle is the amount (in degrees) of trunk and shoulder rotation required by the lifting task.



# Outputs

## RESULTS

### Risk

<b>Risk Index</b>	<b>1.63</b>
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### Assessment Results

<b>Unadjusted Weight Limit</b>	90.00
<b>Twisting Adjustment</b>	0.85
<b>Adjusted Weight Limit</b>	76.50
<b>Limit Reduction Multiplier</b>	0.60
<b>Weight Limit</b>	45.90
<b>Lifting Index</b>	1.63

**SAVE**

**CANCEL**

