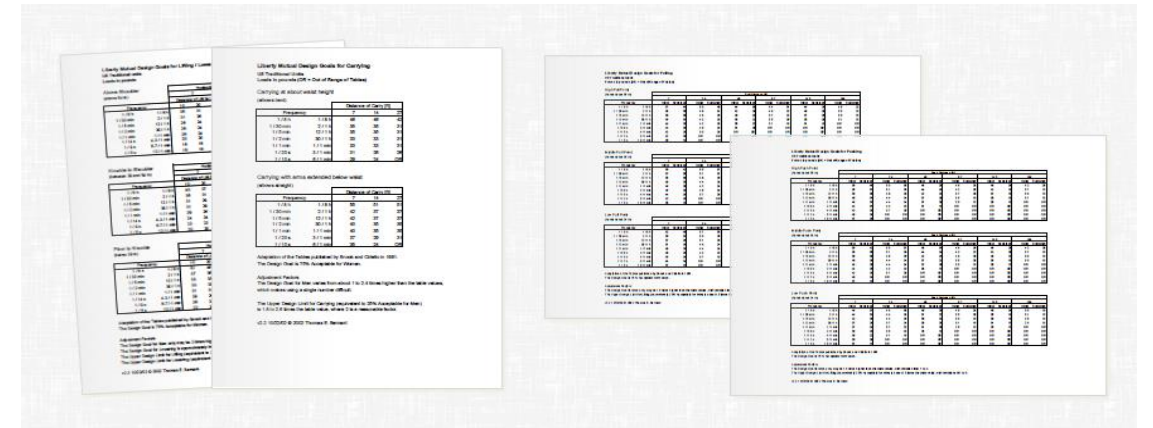


Snook Tables

When To Use It

- When a task has been flagged by the Job Screen
- Manual handling tasks: Lifting/lowering, carrying, pushing/pulling



Lifting/Lowering



Lifting/Lowering

- Vertical Location
 - Floor to Knuckle (below 29")
 - Knuckle to Shoulder (29 - 54")
 - Above Shoulder (above 54")
- Frequency
 - 1 action/8 hours
 - 1 action/30 minutes
 - 1 action/5 minutes
 - 1 action/2 minutes
 - 1 action/ 1 minute
 - 1 action/14 seconds
 - 1 action/9 seconds
 - 1 action/5 seconds
- Horizontal Distance
 - 7"
 - 10"
 - 15"
- Distance of Lift
 - 10"
 - 20"
 - 30"



Carrying



- Carry Point (Vertical Location)
 - Waist height (elbows bent)
 - Below Waist Height (elbows straight)
- Frequency
 - 1 action/8 hours
 - 1 action/30 minutes
 - 1 action/5 minutes
 - 1 action/2 minutes
 - 1 action/ 1 minute
 - 1 action/20 seconds
 - 1 action/10 seconds
- Carry Distance
 - 7'
 - 14'
 - 27'



Pushing/Pulling



Pushing/Pulling

- Push/Pull Point (Vertical Location)
 - High (hands about 55")
 - Middle (hands about 36")
 - Low (hands about 24")
- Frequency
 - 1 action/8 hours
 - 1 action/30 minutes
 - 1 action/5 minutes
 - 1 action/2 minutes
 - 1 action/1 minute
 - 1 action/30 seconds
 - 1 action/15 seconds
 - 1 action/12 seconds
 - 1 action/6 seconds
- Push/Pull Distance
 - 7'
 - 24'
 - 48'
 - 97'
 - 145'
 - 194'
- Force Measurement
 - Initial Force
 - Sustained Force



Pushing/Pulling Measurement



Pushing/Pulling Measurement



Outputs

RESULTS

Risk

Risk Index	2.29
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Assessment Results

Design Goal	24.00 (lbs)
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Task Variables

Lift/Lower Point	AboveShoulder
Frequency	1 action/30 minutes (2 actions/hour)
Horizontal Distance	10 inches
Distance of Lift	10 inches
Actual Weight	55

SAVE

CANCEL

