

# What-if Analysis



## What if...

we could reduce the weight by 10 pounds?

we could reduce horizontal location by 8 inches?

we improve upper arm posture by 20°?





# Initial Assessment





## ANALYSIS AND PLAN


### WISHA Lifting Calculator


Actual Weight  
100 

Vertical Hand Position  
Above shoulder 

Horizontal Hand Position  
Near (7 inches or less) 

Frequency  
1 lift every 2-5 minutes 

Duration  
1 hour or less 

Twisting   
 Less than 45 degrees  
 45 degrees or greater

**CALCULATE**

## INITIAL

Risk



### Assessment Results

Unadjusted Weight Limit	65.00
Twisting Adjustment	0.85
Adjusted Weight Limit	55.25
Limit Reduction Multiplier	1.00
Weight Limit	55.25
Lifting Index	1.81

# Enter Changes and Hit Calculate



## ANALYSIS AND PLAN

### WISHA Lifting Calculator [Learn](#)

Actual Weight

45



Vertical Hand Position

Waist to shoulder



Horizontal Hand Position

Near (7 inches or less)



Frequency

1 lift every 2-5 minutes



Duration

1 hour or less



Twisting

- Less than 45 degrees
- 45 degrees or greater

CALCULATE



## INITIAL

Risk

Risk Index

1.81

Assessment Results

Unadjusted Weight Limit	65.00
Twisting Adjustment	0.85
Adjusted Weight Limit	55.25
Limit Reduction Multiplier	1.00
Weight Limit	55.25
Lifting Index	1.81

# See New Potential Risk Index and Variable Data



## ANALYSIS AND PLAN

### WISHA Lifting Calculator


Actual Weight

45 


Vertical Hand Position

Waist to shoulder  



Horizontal Hand Position

Near (7 inches or less)  

Frequency

1 lift every 2-5 minutes  

Duration

1 hour or less  

Twisting 

Less than 45 degrees

45 degrees or greater

**CALCULATE**

## INITIAL

Risk

Risk Index

1.81

Assessment Results

Unadjusted Weight Limit	65.00
Twisting Adjustment	0.85
Adjusted Weight Limit	55.25
Limit Reduction Multiplier	1.00
Weight Limit	55.25
Lifting Index	1.81

## RESULTS

Risk

Risk Index

0.76

Assessment Results

Unadjusted Weight Limit	70.00
Twisting Adjustment	0.85
Adjusted Weight Limit	59.50
Limit Reduction Multiplier	1.00
Weight Limit	59.50
Lifting Index	0.76

**SAVE**

**CANCEL**

# Save as Planned Improvement

- You can save the What-If Analysis results as your planned improvement
- You can always come back and edit later if improvement plans change



Conduct What-If Analysis

Tool	Initial	Planned	Risk Reduction	
WISHA Lifting Calculator	1.81	0.76	-58%	GO

