

NIOSH Lifting Equation Data Collection

Date: _____ Evaluated by: _____

Department: _____

Job: _____

Task: _____

Horizontal Location (10-25 inches)

Origin

Destination

Vertical Location (0 – 70 inches)

Origin

Destination

Angle of Asymmetry (0° – 135°)

Origin

Destination

Coupling

Good Fair Poor

Frequency

Lifts per minute

(≤ 0.2 , 0.5, 1-15, > 15)

Average Load

Maximum Load

Duration

1 hour 1-2 hours 2-8 hours

