

# 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

