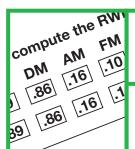
FINDING THE RIGHT FIT.



Ergonomic Assessment Tools for your workforce.

THE REVISED NIOSH LIFTING EQUATION



TIME:

MED

COMPLEXITY:

MED

REPETITION/
DURATION

TION/ ON →

POSTURE

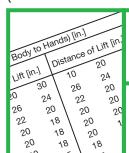
Uses an equation to calculate a recommended weight limit, as well as a lifting index, to design lifting/lowering tasks that a majority of the population can safely perform.

M

FORCE: LIFT/LOWER

LIBERTY MUTUAL MATERIALS HANDLING TABLES

(Snook & Ciriello Tables)



TIME:

LOW

COMPLEXITY:

MED

REPETITION/ DURATION L

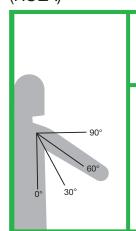
FORCE: LIFT/ LOWER/CARRY

Uses psychophysical methodology and evaluation to find the percent of an industrial population capable of sustaining the efforts in lifting, lowering, pushing, pulling, and carrying. L.

FORCE: PUSH/PULL

RAPID UPPER LIMB ASSESSMENT

(RULA)



TIME:

LOW

COMPLEXITY:

LOW

REPETITION/ DURATION -

POSTURE

A quick and systematic assessment of the upper extremity-related postural risks to a worker that scores mechanical and postural loads.

R

NECK/ SHOULDER

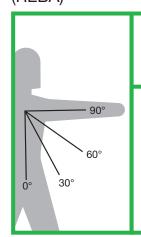
HAND/WRIST/ ARM

1

FORCE: LIFT/LOWER

RAPID ENTIRE BODY ASSESSMENT

(REBA)



TIME:

LOW

COMPLEXITY:

 $I \cap W$



REPETITION/



POSTURE

A quick and systematic assessment of the complete body postural risks to a worker that scores mechanical postural loads and is adjusted for activity such as static, repetition and rapid posture changes.

R

NECK/ SHOULDER L

FORCE: LIFT/LOWER

2

LEG/KNEE/ ANKLE 3

HAND/WRIST/ ARM

TIME: LOW = <2 Hours; MEDIUM = 2-4 Hours **COMPLEXITY:** LOW = <4 hours training; MEDIUM = 4-8 hours training

"THE FUTURE IS PREVENTION. THE FUTURE IS NOW."

Fit For Work is an established national provider of innovative workplace injury prevention services that has unmatched expertise and sustainability.

