



Manual Material Handling

Injured

Task:

Company:

Date:

Observations:

Variables

Load mass (kg)				
Handling conditions				
Horizontal location	<input type="checkbox"/> close (until 30 cm)	<input type="checkbox"/> far (30-60 cm))		
Vertical location	<input type="checkbox"/> floor level	<input type="checkbox"/> knee level	<input type="checkbox"/> waist level	<input type="checkbox"/> shoulder level
Trunk twisting	<input type="checkbox"/> 0-30°	<input type="checkbox"/> 30-60°	<input type="checkbox"/> 60-90°	