

## Manual Material Handling

## Pushing

☐ Single task			
Task:		Subtask:	
		Of the task:	
Company:			
Date:			
Observations:			
Population:	☐ Male [	☐ Female	
i opulation.	□ Maic [		
Variables			
Initial force (kg)			
Sustained force (kg)			
Distance (m)			
Frequency (push/min)			
Grip height (cm)			