Loss Control Services

Lift Analysis Tool

Reference

Company | Date

Department | Assessment by

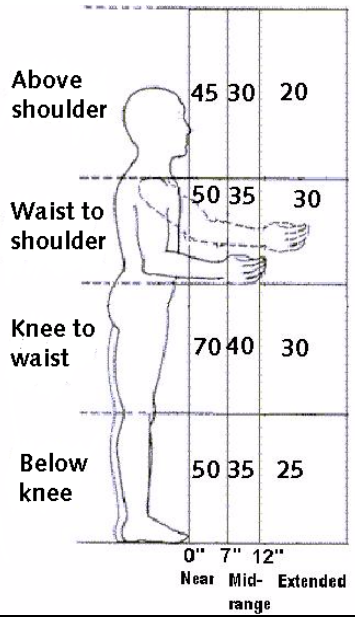
This analysis only pertains to "caution zone jobs" where employees lift 10lbs. or more.

Step 1 **Find out the actual weight of objects that the employee lifts**. Actual weight = lbs.

Step 2 **Determine the unadjusted weight limit.**

Where are the employee's hands when they begin to lift or lower the object? Mark that spot on the diagram below. The number in that box is the Unadjusted Weight Limit in pounds. Unadjusted Weight Limit lbs.

Step 3 **Find the limit reduction modifier.** Find out how many times the employee lifts per minute and the total number of hours per day spent lifting. Use this information to look up the Limit Reduction Modifier in the table below.



How many lifts per minute?	For how many hours per day? 1 hr or less	1 hr to 2 hrs	2 hrs or more
1 lift every 2-5 mins.	1.0	0.95	0.85
1 lift every min.	0.95	0.9	0.75
2-3 lifts every min.	0.9	0.85	0.65
4-5 lifts every min.	0.85	0.7	0.45
6-7 lifts every min.	0.75	0.5	0.25
8-9 lifts every min.	0.6	0.35	0.15
10+ lifts every min.	0.3	0.2	0.0

Note: for lifting done less than once every five minutes, use 1.0

Limit Reduction Modifier _____

Step 4 **Calculate the weight limit**

Start by copying the Unadjusted Weight Limit from Step 2. Unadjusted weight limit _____ lbs.

If the employee twists more than 45 degrees while lifting, enter 0.85 as the twisting adjustment. Otherwise enter 1.0 Twisting Adjustment _____

Multiply Unadjusted weight limit by Twisting adjustment. Adjusted Weight Limit = 0 lbs.

Enter the Limit Reduction Modifier from Step 3. Limit Reduction Modifier _____

Multiply the Adjusted Weight Limit by the Limit Reduction Modifier. Weight Limit = 0 lbs.

Step 5	**Is this a hazard?** Compare the Weight Limit calculated in Step 4 with the Actual Weight lifted from Step 1. If the Actual Weight is greater than the Weight Limit calculated, then the lifting is hazardous and controls should be implemented to reduce the risk.
Note	If the job involves lifts of objects with a number of different weights and/or from a number of different locations, use Steps 1 through 5 above to: • Analyze the two worst case lifts — the heaviest object lifted and the lift done in the most awkward posture. • Analyze the most commonly performed lift. In Step 3, use the frequency and duration for **all** of the lifting done in a typical workday.
Description of operations	
Control recommendations	