

FINDING THE RIGHT FIT.



Ergonomic Assessment Tools for your workforce.

THE REVISED NIOSH LIFTING EQUATION

	TIME: MED	COMPLEXITY: MED	REPETITION/ DURATION	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.			FORCE: LIFT/LOWER

LIBERTY MUTUAL MATERIALS HANDLING TABLES

(Snook & Ciriello Tables)

	TIME: LOW	COMPLEXITY: MED	REPETITION/ DURATION	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.			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.			NECK/ SHOULDER	HAND/WRIST/ ARM
				FORCE: LIFT/LOWER	

RAPID ENTIRE BODY ASSESSMENT

(REBA)

	TIME: LOW	COMPLEXITY: LOW	REPETITION/ DURATION	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.			NECK/ SHOULDER	FORCE: LIFT/LOWER
				LEG/KNEE/ ANKLE	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.

Find out more at: wellworkforce.com

