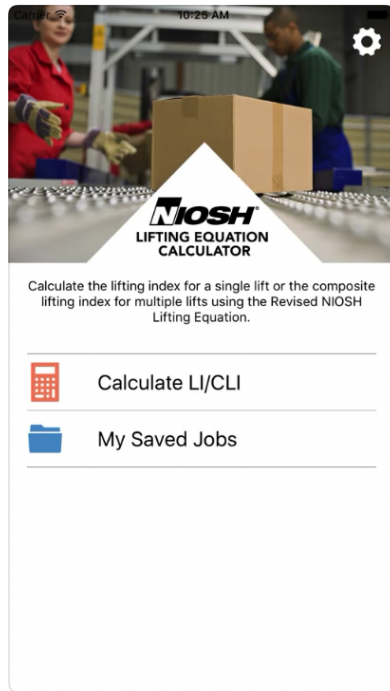


NIOSH Lifting Calculator



Carrier 10:26 AM

[Back](#) Calculate a Task

Task Name

Sig. Control Yes No

Hand Location

	Origin	Destination
Horizontal	<input type="text" value="inch"/>	<input type="text" value="inch"/>
Vertical	<input type="text" value="inch"/>	<input type="text" value="inch"/>

Asymmetry

Load Weight

	Average	Maximum
	<input type="text" value="lb"/>	<input type="text" value="lb"/>

Frequency

Duration 1 hr 1-2 hrs 2-8 hrs

Coupling Good Fair Poor

Calculate

Carrier 10:29 AM

[Back](#) Calculate a Task Calculation Results [Done](#)

LIFTING INDEX

1.8

[Recommendations](#) [Calculation Details](#)

Lifting Constant (LC)	51
Vertical Distance (D)	48
Distance Multiplier (DM)	0.86
Origin Destination	
Horizontal Multiplier (HM)	1 0.83
Vertical Multiplier (VM)	0.89 0.75
Asymmetry Multiplier (AM)	1 1
Frequency Multiplier (FM)	1 1
Coupling Multiplier (CM)	0.9 0.9

Carrier 10:34 AM

[Back](#) Shipping Clerk Composite Lift Index [Done](#)

COMPOSITE LIFT INDEX

3.5

[Recommendations](#) [Calculation Details](#)

Composite Lifting Index (CLI):	3.5	
Largest Single Task Lifting Index (STLI1):	1.6	
$\Sigma \Delta LI$:	1.94	
Task List		
<hr/>		
Name	STLI	FLI
1	1.4	1.6
2	1.6	1.4
3	0.6	0.4
<hr/>		
<hr/>		
<hr/>		
<hr/>		

The NIOSH lifting equation calculator (NLE Calc) is based on the Applications Manual for the Revised NIOSH Lifting Equation (Pub No. 94-110) and can be used to calculate the recommended weight limit (RWL) and lifting index (LI) for single or multiple lifting tasks. The LI is an index of the relative physical stress for performing a particular lifting task, while the composite LI or CLI is an index of the overall physical stress for performing multiple lifting tasks. NIOSH recommends an LI and CLI of 1 or less for protecting workers from physical stress related to development of low back disorders. Please refer to the Applications Manual for the Revised NIOSH Lifting Equation publication for examples and details on how calculations are performed and what the results imply.