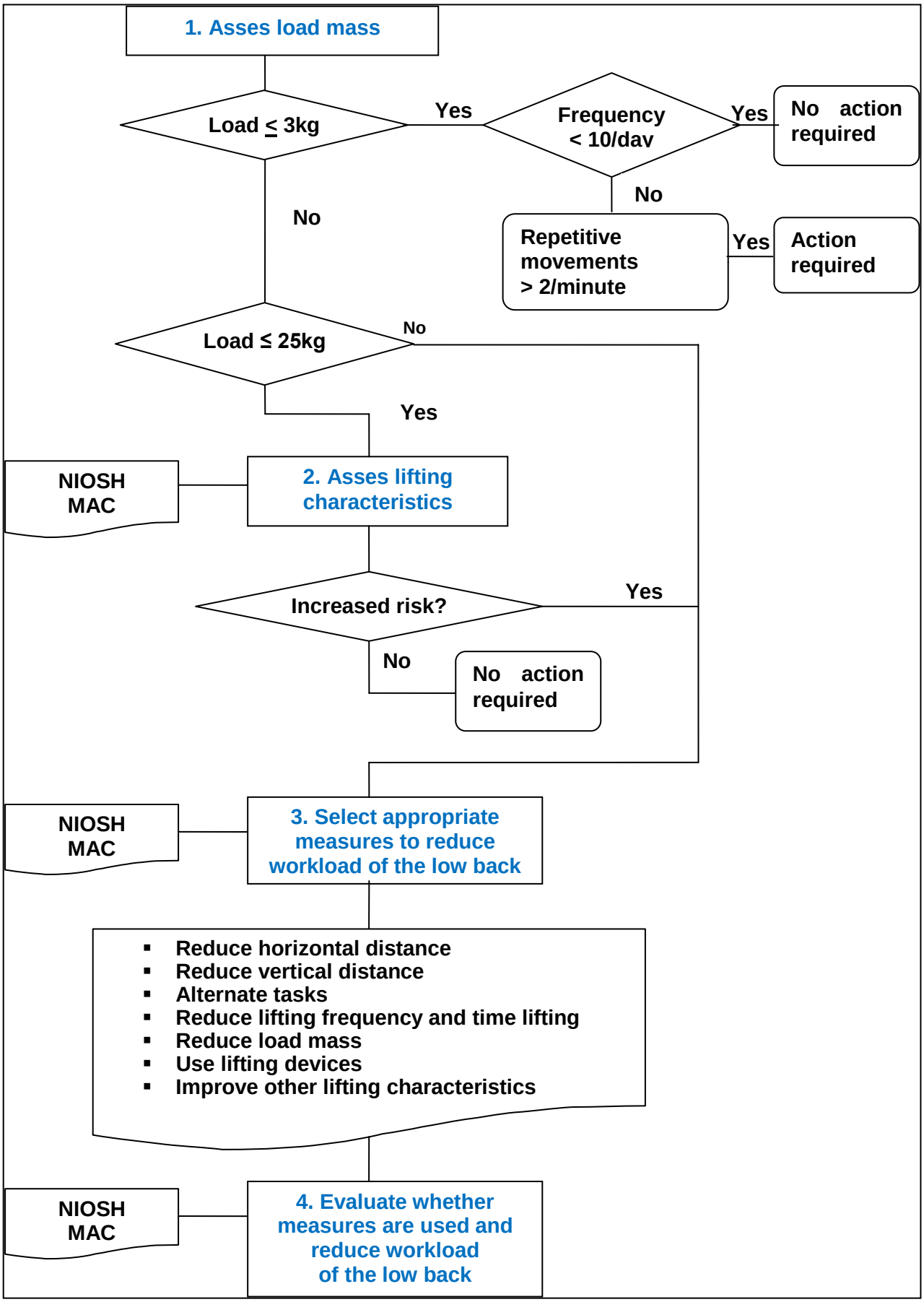
1. Asses load mass
Load ≤ 3kg
Yes
Frequency < 10/dav
Yes
No action required
No
Repetitive movements > 2/minute
Yes
Action required
No
Load ≤ 25kg
No
Yes
NIOSH MAC
2. Asses lifting characteristics
Increased risk?
Yes
No
No action required
NIOSH MAC
3. Select appropriate measures to reduce workload of the low back
Reduce horizontal distance
Reduce vertical distance
Alternate tasks
Reduce lifting frequency and time lifting
Reduce load mass
Use lifting devices
Improve other lifting characteristics
NIOSH MAC
4. Evaluate whether measures are used and reduce workload of the low back