An evidence-based multidisciplinary practice guideline to reduce the workload due to lifting to prevent work-related low back complaints. © NVAB, BA&O, NVvA, NVVK, 2013 (The Netherlands)

1. Assess load mass

- Load ≤ 3kg
  - Yes
  - Frequency < 10/day
    - Yes
    - No action required
  - No
    - Frequency ≥ 10/day
      - Yes
      - Repetitive movements > 2/minute
        - Yes
        - Action required
      - No
        - No action required

- Load ≤ 25kg
  - Yes

2. Assess lifting characteristics

- Increased risk?
  - Yes
  - No action required
  - No

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

4. Evaluate whether measures are used and reduce workload of the low back

The Netherlands society of Occupational Medicine