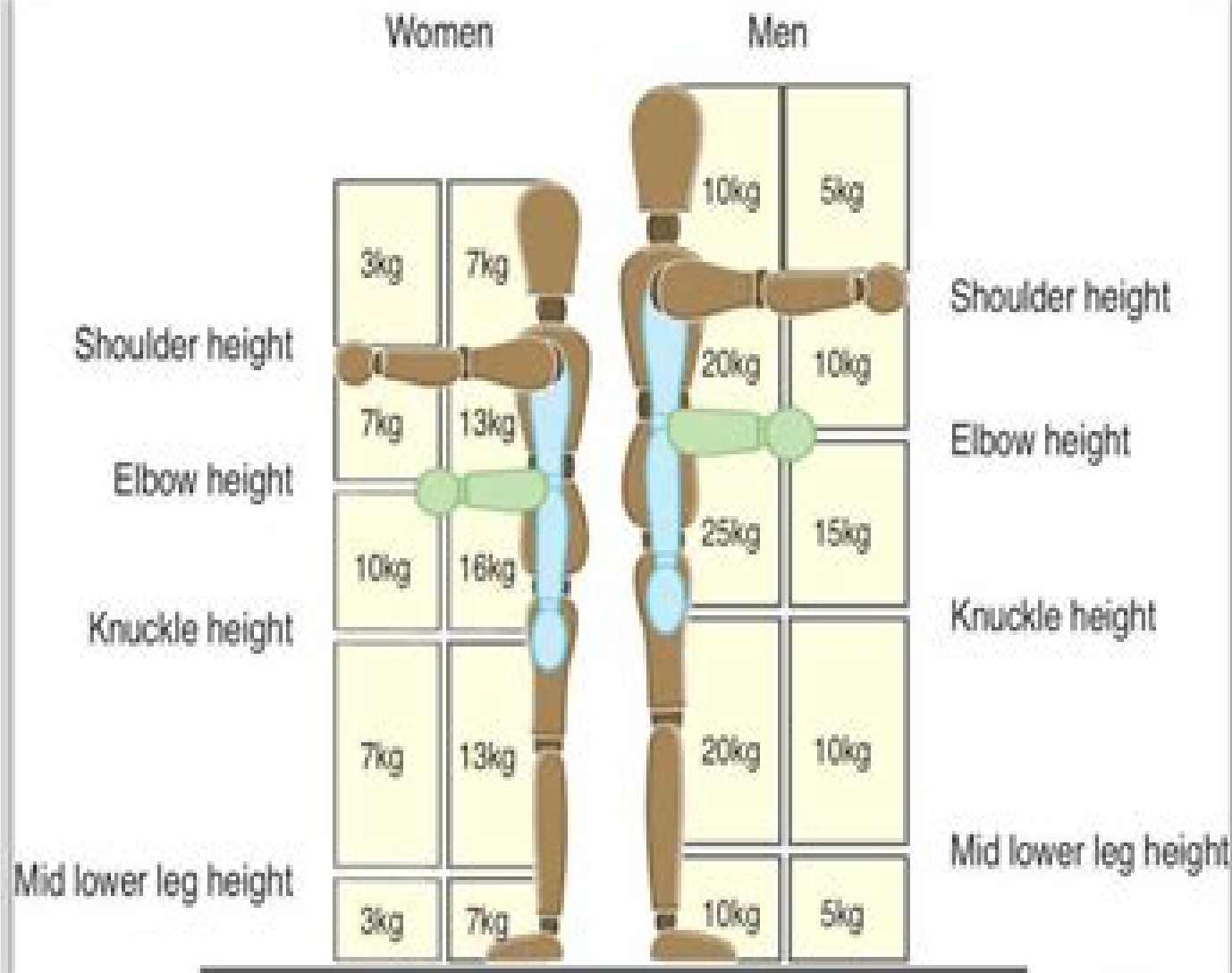


Recommended Maximum Lifting Weights



TIPS

Keep the load close to the waist:

Keep the load close to the body for as long as possible while lifting.

Keep the heaviest side of the load next to the body.

Adopt a stable position:

Feet should be apart with one leg slightly forward to maintain balance.

Be prepared to move your feet during the lift to maintain stability.

Start in a good posture and maintain it throughout the lift:

At the start of the lift, slight bending of the back, hips and knees is preferable to fully flexing the back (stooping) or fully flexing the hips and knees (squatting).

Don't flex the back while lifting.

Avoid twisting the back or leaning sideways.

Keep the head up when handling.

Move smoothly.

Maximum Manual Lifting Weight

Roman Wölfel



Maximum Manual Lifting Weight:

Manual Lifting Daniela Colombini, Enrico Occhipinti, Enrique Alvarez-Casado, Thomas R. Waters, 2012-07-10 Commonly used throughout the world manual lifting tasks whether simple or complex all involve variable loads postures and movements This practical guide discusses how to analyze the intricate lifting function and prevent injury during its execution Outlining revised NIOSH Lifting Equation RNLE methods the book illustrates their use in asses **Guide to Manual Materials**

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Ergonomics Pamela McCauley, 2025-11-06 This newly updated edition presents a global perspective on ergonomics addressing its application across occupational recreational design and technological environments This comprehensive textbook reflects the technological advancements that have reshaped the field offering revised chapters the integration of previously separate topics and the addition of two entirely new chapters With an emphasis on cultural sensitivity and inclusive representation the book takes a modern approach to ergonomics with diversity at the heart of it Readers will find a complete and ready to use resource ideal for both instruction and independent study The book features real world examples case studies and innovative applications that help bridge theory and practice Students and professionals will benefit from enhanced accessibility to global perspectives a wide range of ergonomics software and detailed guides for research and project development It presents readers with the tools to understand teach and apply ergonomic principles effectively in both

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