

inches). The light shaded area is for the first example, the darker shaded area is for the within 11 scenarios.

Hand Distance			7 inches					10 inches					15 inches					
Frequency One Lift Every			15s	30s	1m	5m	8h	15s	30s	1m	5m	8h	15s	30s	1m	5m	8h	
Object Weight (pounds)	59	Lifting Distance (inches)	30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
			20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
			10	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
	56		30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
			20	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
			10	-	-	-	-	15	-	-	-	-	-	-	-	-	-	
	53		30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
			20	-	-	-	-	11	-	-	-	-	-	-	-	-	-	
			10	-	-	-	-	21	-	-	-	-	-	-	-	-	-	
	50		30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
			20	-	-	-	-	17	-	-	-	-	-	-	-	-	-	
			10	-	-	-	-	29	-	-	-	-	14	-	-	-	-	
	47		30	-	-	-	-	12	-	-	-	-	-	-	-	-	-	
			20	-	-	-	-	24	-	-	-	-	11	-	-	-	-	
			10	-	-	-	-	38	-	-	-	-	21	-	-	-	-	
	44		30	-	-	-	-	19	-	-	-	-	-	-	-	-	-	
			20	-	-	-	-	34	-	-	-	-	17	-	-	-	-	
			10	-	-	-	15	48	-	-	-	-	30	-	-	-	-	
	41		30	-	-	-	-	29	-	-	-	-	14	-	-	-	-	
			20	-	-	-	12	44	-	-	-	-	26	-	-	-	-	
			10	-	-	14	23	58	-	-	-	-	41	-	-	-	-	
	38		30	-	-	-	-	40	-	-	-	-	22	-	-	-	-	
			20	-	-	12	21	56	-	-	-	-	38	-	-	-	-	
			10	-	-	23	34	68	-	-	-	18	52	-	-	-	17	
	35		30	-	-	-	18	52	-	-	-	-	34	-	-	-	-	
			20	-	14	22	32	66	-	-	-	16	50	-	-	-	16	
			10	11	18	35	47	76	-	-	18	29	63	-	-	-	28	
	32		30	-	-	20	30	64	-	-	-	15	48	-	-	-	14	
			20	20	25	34	46	76	-	11	16	28	62	-	-	-	28	
			10	20	30	49	60	83	-	14	31	42	73	-	-	11	42	
	29		30	12	18	33	45	75	-	-	17	27	61	-	-	-	27	
			20	34	39	49	60	83	18	22	31	43	74	-	-	11	42	
			10	34	45	62	71	89	18	27	43	56	82	-	-	13	56	
	26		30	25	33	50	60	84	11	17	32	43	74	-	-	-	11	43
			20	50	55	64	73	89	32	38	47	58	83	-	-	14	23	58
			10	50	60	75	81	+	33	43	61	70	88	-	12	26	37	70
	23		30	43	52	66	74	+	25	34	50	61	84	-	-	16	26	60
			20	66	70	77	83	+	51	56	64	73	89	17	21	30	41	73
			10	67	74	84	88	+	51	61	75	81	+	18	26	44	55	81
	20		30	62	70	80	85	+	46	54	68	76	+	14	20	35	46	76
			20	80	83	87	+	+	69	73	79	84	+	37	41	51	61	84
			10	80	85	+	+	+	69	76	85	89	+	37	47	64	72	89
	17		30	79	84	+	+	+	68	74	83	88	+	35	44	59	68	87
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			20	+	+	+	+	+	+	+	+	+	+	80	83	87	+	+
			10	+	+	+	+	+	+	+	+	+	+	81	85	+	+	+
	11		30	+	+	+	+	+	+	+	+	+	+	85	88	+	+	+
			20	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
			10	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
	8		30	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
			20	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
			10	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+

Notes: + = greater than 90 percent; - = less than 10 percent

Source: Liberty Mutual. Tables are available from the Liberty Mutual Research Institute for Safety website at <http://libertymutual.com/tables-libertymutual-research-institute-for-safety/tables/weight-selection.do?action=initToolSelection>

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