

away from the body. If the depth of the object being lifted exceeds 300 mm (12 in), see Table 4, “Lifting and Carrying Multipliers” for weight limit adjustments.

Lifting in the Presence of Obstacles. The weight limits in Table 2, “Design Weight Limits for Lifting,” assumes that there are no obstacles between the person lifting and the surface onto which the object is to be placed. If there is an obstacle, such as a lower shelf, see Table 4, “Lifting and Carrying Multipliers” for weight limit adjustments.

Lifting Frequency. The weight limits in Table 2, “Design Weight Limits for Lifting,” are not for repetitive lifts as found in the loading or unloading of supply vessels. If the frequency of lifts exceeds one lift in 5 minutes or 20 lifts per 8 hours, see Table 4, “Lifting and Carrying Multipliers” for weight limit adjustments.

TABLE 2
Design Weight Limits for Lifting*

<i>Handling Function</i>	<i>Male and Female Handlers</i>	<i>All Male Handlers</i>
Lift an object from the floor and place it on a surface not greater than 1525 mm (60 in) above the floor.	16.8 kg (37 lbs.)	20.00 kg (45 lbs.)
Lift an object from the floor and place it on a surface not greater than 915 mm (36 in) above the floor.	20.0 kg (45 lbs.)	20.0 kg (45 lbs.)

- * 1 See Section 11, Table 4, “Lifting and Carrying Multipliers” for weight limit adjustments.
- 2 Weight limits are based on a North American population.

FIGURE 1
Ideal Object Size and Carrying Mode

