



Personnel Carrying Limits. The weight limits in Table 3, “Design Weight Limits for Carrying,” should be used as the maximum value in determining the design weight of items requiring one person carrying of objects.

The weight limits can be doubled for two person carries, provided the load is uniformly distributed between the carriers. If the weight of the load is not uniformly distributed, the weight limit applies to the heavier lift point.

For carrying activities, it is assumed that the object is first lifted from the floor, carried, and placed on the floor or on another surface not higher than 915 mm (36 in).

Carrying Frequency. The weight limits in Table 3, “Design Weight Limits for Carrying,” are not for repetitive carries. If the frequency of carry exceeds one carry in 5 minutes or 20 carries per 8 hours, see Table 4, “Lifting and Carrying Multipliers” for weight limit adjustments.

Object Carry Size. The weight limits in Table 3, “Design Weight Limits for Carrying,” apply to an object with equally distributed weight and a compact size not exceeding 460 mm (18 in) high, 460 mm (18 in) wide, and 300 mm (12 in) deep (see Figure 1, “Ideal Object Size and Carrying Mode”). This places the handholds at half the depth, or 150 mm (6 in) away from the body. If the load size exceeds these dimensions, see Table 4, “Lifting and Carrying Multipliers” for weight limit adjustments.

**TABLE 3
Design Weight Limits for Carrying***

Handling Function	Male and Female Handlers	All Male Handlers
Carry an object 10 m (33 ft.) or less	19.0 kg (42 lbs.)	20.0 kg (45 lbs.)
Carry an object more than 10 m (33 ft.):		
Object carried at side with one hand (tool chest, container with handles, etc.)	9.5 kg (21 lbs.)	10 kg (22.5 lbs.)
Object with irregular sides (electronic equipment chassis, etc.)	11.4 kg (25 lbs.)	14.0 kg (35 lbs.)
Object or other item with two hands	14.0 kg (35 lbs.)	20.0 kg (45 lbs.)

*1 See Table 4, “Lifting and Carrying Multipliers” for weight limit adjustments.

2 Weight limits are based on North American populations.