# NIOSH Scoring Sheet

Date: ___________________________  Task: ___________________________
Company: ________________________  Supervisor: _______________________
Dept: ____________________________  Evaluator: _________________________

## Actual Measurements

### Object Weight: ___________________________

<table>
<thead>
<tr>
<th>Origin</th>
<th>Distance Traveled</th>
<th>A</th>
<th>F</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>(H) Horizontal Distance (in)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(V) Vertical Location (in)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Distance Multiplier ($</td>
<td>V_O-V_D</td>
<td>)</td>
<td></td>
<td>SAME AS ORIGIN</td>
</tr>
<tr>
<td>(A) Asymmetry (degrees)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Duration of Lifting Period</td>
<td></td>
<td>SAME AS ORIGIN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(F) Frequency (lifts/min)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(C) Coupling</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## RESULTS:

<table>
<thead>
<tr>
<th>RWL (Recommended Weight Limit)</th>
<th>Origin</th>
<th>Destination</th>
</tr>
</thead>
<tbody>
<tr>
<td>LI (Lift Index)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **LI \leq 1**, The lift is acceptable
- **1 < LI \leq 3**, This lift is risky, changes should be considered
- **LI > 3**, This lift should be redesigned

Double circle worst case multiplier, single circle second worst case multiplier

<table>
<thead>
<tr>
<th>H</th>
<th>V</th>
<th>Distance Traveled</th>
<th>A</th>
<th>F</th>
<th>C</th>
</tr>
</thead>
</table>
Duration

Short: ≤ 1 hour of lifting
- Must also be followed by a recovery time equal to 1.2 times the work time
- If recovery time is NOT met, and a subsequent lifting session is performed, then total lifting time must be combined to correctly determine duration category

Moderate: > 1 hour but ≤ 2 hours
- Must also be followed by a recovery time equal to 0.3 times the work time
- If recovery time is NOT met, and a subsequent lifting session is performed, then total lifting time must be combined to correctly determine duration category

Needed time between lifting episodes = 120*0.3 = 36 min/every 2 hours (maximum) or jump to the next category!

Long: > 2 hours but ≤ 8 hours

Coupling
- Coupling describes how the worker handles or grasps the part or load.
- Coupling is rated as;
  - Good
  - Fair
  - Poor
- Descriptions of each category follow with some basic definitions.

Coupling can change between origin and destination!

Optimal handle design: A cylindrically shaped handle that has 0.75 to 1.5 inches diameter and greater than 4.5 inches in length. The handle has a smooth, non-slip surface with at least 2.0 inches of clearance available between the side of the object and the handle.

Optimal hand-hold cut-out: A cut-out that measures greater than or equal to 1.5 inches in height, 4.5 inches in length and semi-oval in shape. Container thickness is a consideration as well (contact stress) with greater than 0.25 inches preferred.

Optimal container design: A container that has a frontal length less than or equal to 16 inches and a height of less than or equal to 12 inches with a smooth, non-slip surface can be classified optimal. Center-of-mass is symmetric and stable contents are assumed for this type of container.

Loose object: An object not enclosed in a box container.

Definitions located in your workbook (page NIOSH-10).

Another way to classify ‘Coupling’ using the definitions (page NIOSH-11)

Decision Tree for Coupling Quality