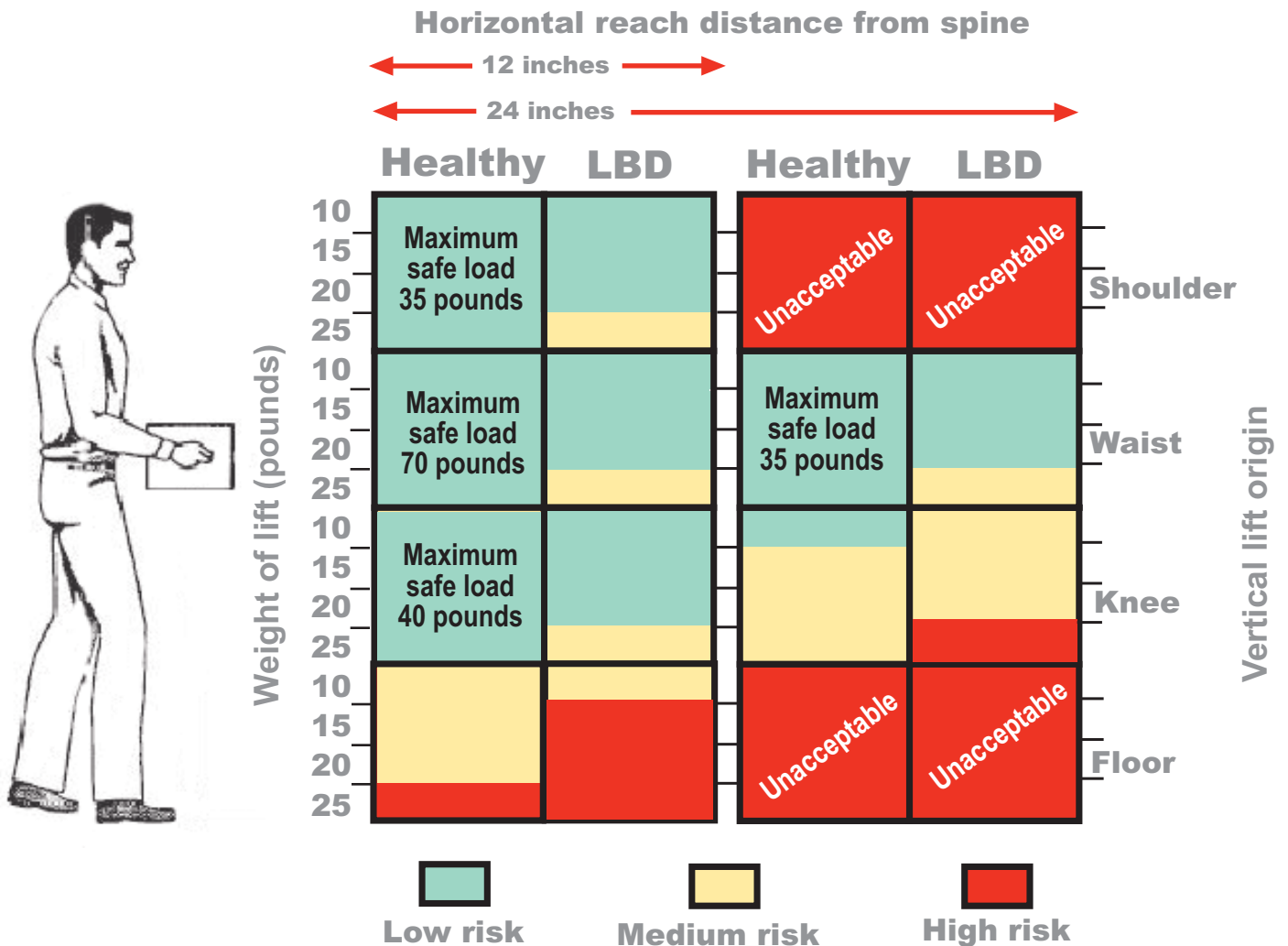


Guidelines for lifts involving trunk-twisting angle* of +/- 30 degrees

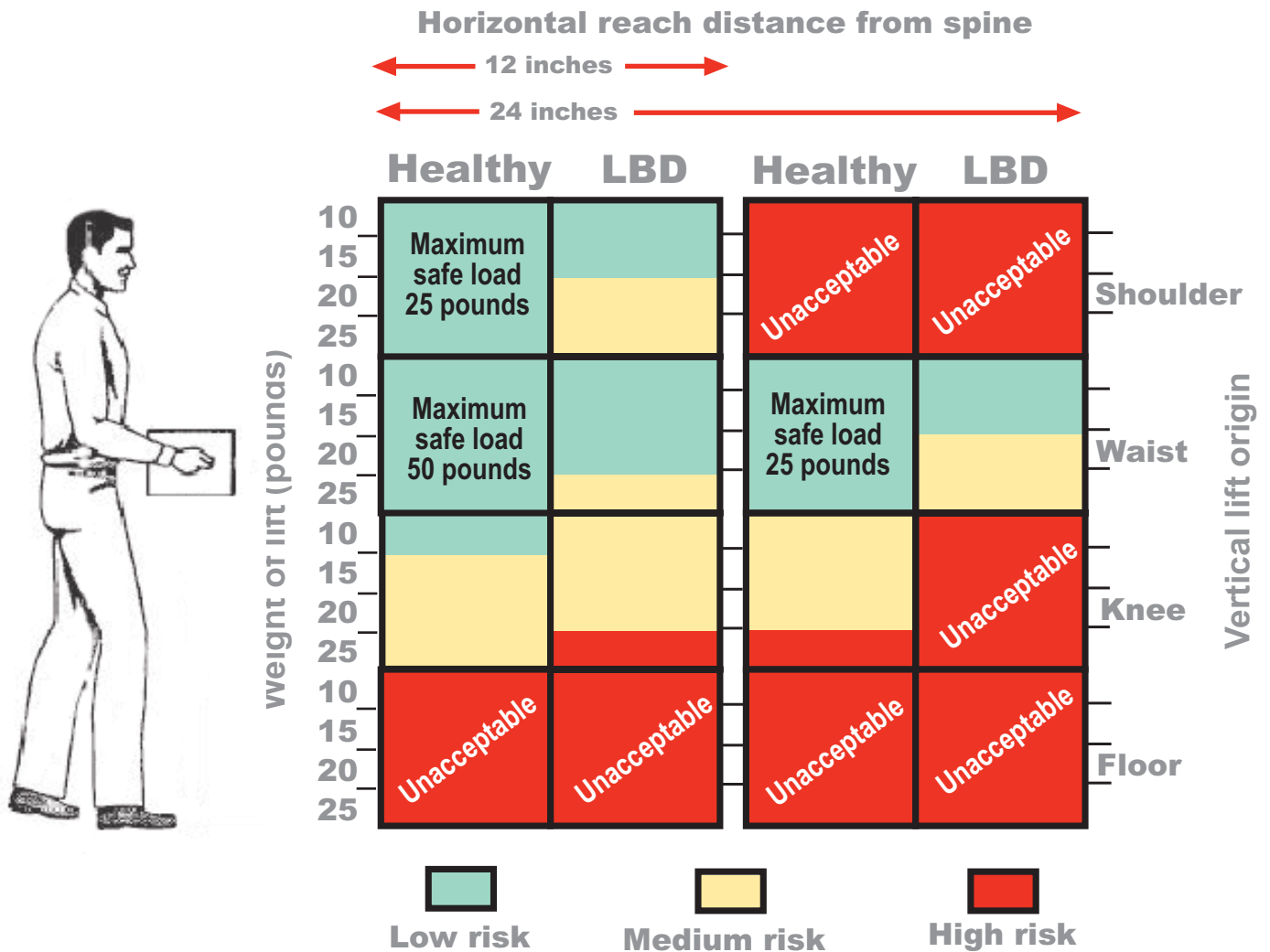
*Angle in which the person doing the lifting will twist (left and/or right).



- Choose a column indicating whether the person has a lower-back disorder (LBD) or not (Healthy).
- Determine the region (zone) of the maximum horizontal reach distance (measured from spine to hands) and the vertical lift origin from the floor for each lift.
- The color-coded zones indicate degree of risk for LBD (green = low, yellow = medium, red = high).
- To minimize the risk of recurrent injury, change the lifting conditions so that the lifting weight is in the green area.

Guidelines for lifts involving trunk-twisting angle* between 30 and 60 degrees

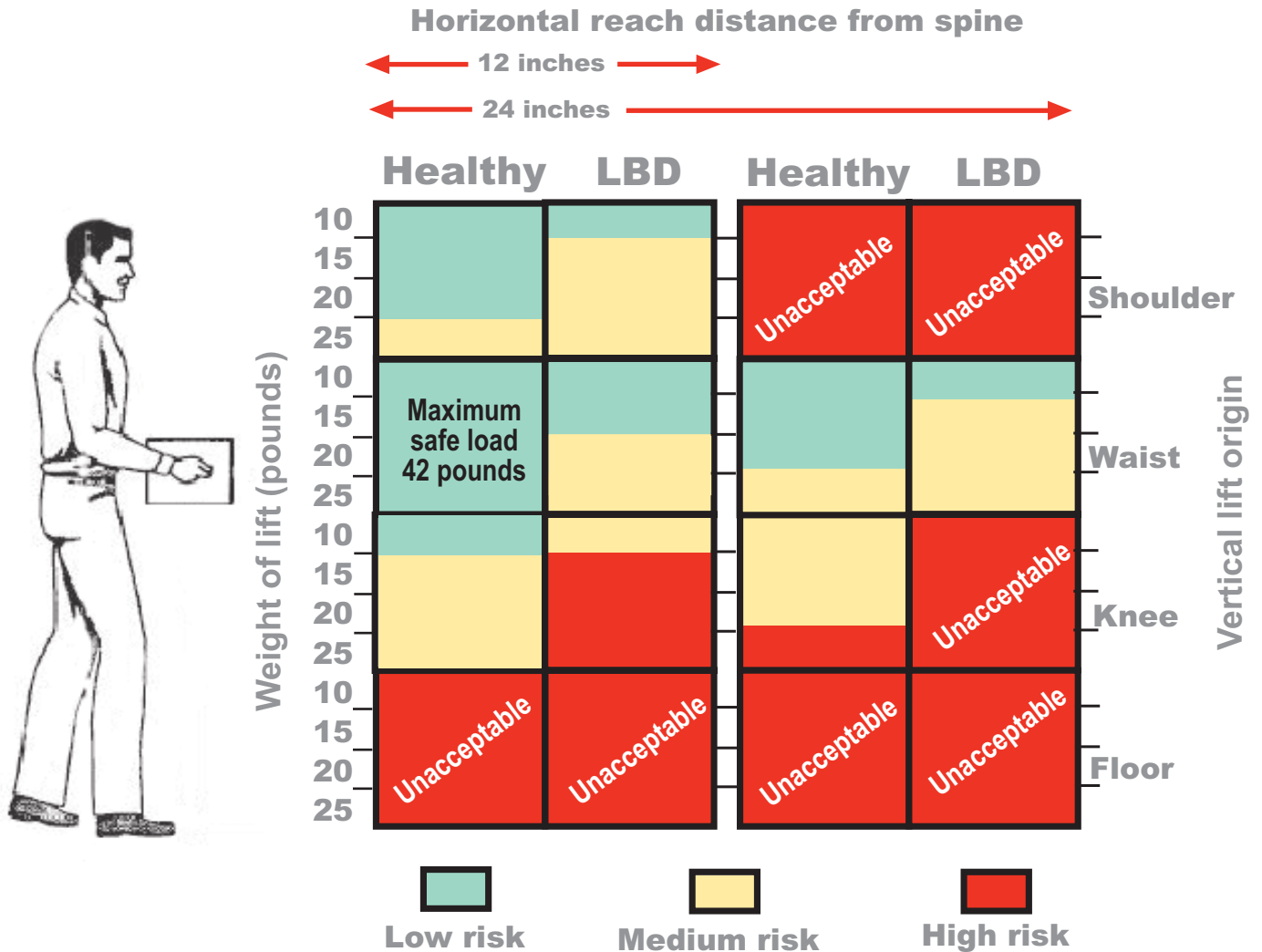
*Angle in which the person doing the lifting will twist (left and/or right).



- Choose a column indicating whether the person has a lower-back disorder (LBD) or not (Healthy).
- Determine the region (zone) of the maximum horizontal reach distance (measured from spine to hands) and the vertical lift origin from the floor for each lift.
- The color-coded zones indicate degree of risk for LBD (green = low, yellow = medium, red = high).
- To minimize the risk of recurrent injury, change the lifting conditions so that the lifting weight is in the green area.

Guidelines for lifts involving trunk-twisting angle* between 60 and 90 degrees

*Angle in which the person doing the lifting will twist (left and/or right).



- Choose a column indicating whether the person has a lower-back disorder (LBD) or not (Healthy).
- Determine the region (zone) of the maximum horizontal reach distance (measured from spine to hands) and the vertical lift origin from the floor for each lift.
- The color-coded zones indicate degree of risk for LBD (green = low, yellow = medium, red = high).
- To minimize the risk of recurrent injury, change the lifting conditions so that the lifting weight is in the green area.