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.