Step 1. Measure and record task variables

<table>
<thead>
<tr>
<th>L (AVG)</th>
<th>L (MAX)</th>
</tr>
</thead>
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</tbody>
</table>

Object

Compliment

Distance (in)

Frequency (per minute)

Step 2. Determine the multipliers and compute the RWL.

Lbs

Lbs

Step 3. Compute the lifting index.

Destination

Object weight (l)

R WL

Origin

R WL

Figure 3: Single Task Job Analysis Worksheet

DATE

ANALYSTS NAME

JOB TITLE

DEPARTMENT

JOB ANALYSIS WORKSHEET