



Protect yourself and your workers from musculoskeletal injury. Download and use the NIOSH lifting equation calculator (NLE Calc) app:

<https://www.cdc.gov/niosh/topics/ergonomics/nlecalc.html>



Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health

How did we do? Send your feedback to NIOSHMSDProgram@cdc.gov



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Enter the location of your hands in relation to their distance from the floor, your foot placement, and your posture

Take note of your posture as you handle the load. Are you facing straight ahead, or is your body twisted in some fashion?

Identify the quality of your grip on the load. Is it good, fair, or poor?

