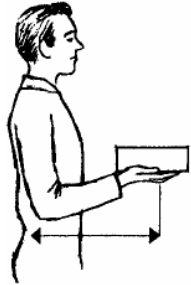
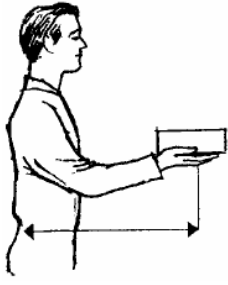


Model for assessment of lifting work

Distance from lumbar region	 Within forearm distance, 30 cm approx.	 Within ¾ arm length, 45 cm approx.												
Weight of load (kg)	<table border="1"> <tr> <td>25</td> <td colspan="2">Red</td> </tr> <tr> <td>15</td> <td>Yellow</td> <td>Red</td> </tr> <tr> <td>7</td> <td>Yellow</td> <td>Yellow</td> </tr> <tr> <td>3</td> <td>Green</td> <td>Yellow</td> </tr> </table>		25	Red		15	Yellow	Red	7	Yellow	Yellow	3	Green	Yellow
25	Red													
15	Yellow	Red												
7	Yellow	Yellow												
3	Green	Yellow												

Important influencing factors see AFS 1998:1 page 45

<http://www.av.se/english/legislation/afs/eng9801.pdf>


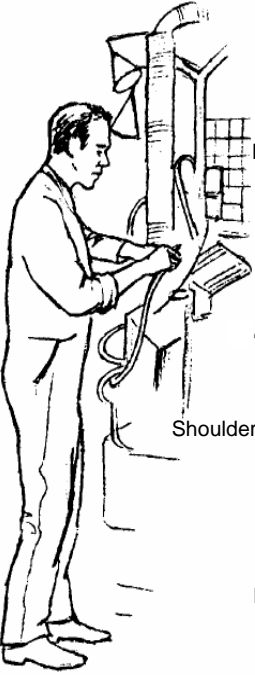
Model for identifying and assessing physically monotonous, repetitive work

	Red	Yellow	Green
Work cycle	The work cycle is repeated several times a minute for at least half the shift.	The work cycle is repeated several times a minute for at least one hour of the shift or many times an hour for at least half the shift.	The work cycle is repeated a few times every hour.
Work postures and working movements	Constrained or uncomfortable work postures and movements.	Limited scope for changing work postures and movements.	Well-designed workplace. Good possibilities of varying work posture and movements.
Job decision latitude	The work is completely controlled by something else or by other people.	The work is partly controlled by something else or by other people. Limited possibilities of influencing the way in which the tasks is performed.	Good possibilities of adapting the work to one's own ability. Influence on the planning and arrangement of work.
Job content Training/competence requirements	The employee performs an isolated task in a production process. Short training phase.	The employee performs several tasks in a production process. Job rotation can occur. Training for several tasks.	The employee takes part in several tasks or in the whole of the production process, planning and instruction included. Continuous competence development.

Model for assessment of pushing and pulling work

Force (N)	Red	Yellow	Green
Starting	>300	300-150	<150
Continuously	>200	200-150	<100

Sedentary, standing and walking work postures

		Red	Yellow	Green
	SITTING	One of the following occurs during a significant part of the shift	One of the following occurs intermittently during the shift	The following applies for a significant part of the shift
	Neck	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with no freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted 	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with no freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted 	<ul style="list-style-type: none"> - central position, with freedom of movement
	Back	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with no freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted - no backrest 	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with no freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted 	<ul style="list-style-type: none"> - free movements possible - well-designed backrest - option of changing to standing position
	Shoulder/arm	<ul style="list-style-type: none"> - hand at or above shoulder height - hand beyond forearm distance unsupported 	<ul style="list-style-type: none"> - hand at or above shoulder height - hand beyond forearm distance, unsupported 	<ul style="list-style-type: none"> - working height and reach adapted to task and individual - good arm support
	Legs	<ul style="list-style-type: none"> - insufficient leg room - no support for the feet - freedom of movement severely restricted - leg-operated pedal work* 	<ul style="list-style-type: none"> - insufficient leg room - no support for the feet - freedom of movement severely restricted - leg-operated pedal work* 	<ul style="list-style-type: none"> - free leg space - good footrest - seldom leg- or foot-operated pedal work* - option of changing to standing position
	STANDING/WALKING	One of the following occurs during a significant part of the shift	One of the following occurs intermittently during the shift	The following applies for a significant part of the shift
	Neck	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with no freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted 	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted - upright posture, with freedom of movement 	<ul style="list-style-type: none"> - upright posture, with freedom of movement
	Back	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with no freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted - unstable or sloping underlay 	<ul style="list-style-type: none"> - bent, with no freedom of movement - twisted, with no freedom of movement - bent and twisted simultaneously - freedom of movement severely restricted - unstable or sloping underlay 	<ul style="list-style-type: none"> - upright posture, with freedom of movement - option of changing to seated position
	Shoulder/arm	<ul style="list-style-type: none"> - hand at or above shoulder height - hand at or below knee height - hand more than ¾ arm's length from body 	<ul style="list-style-type: none"> - hand at or above shoulder height - hand at or below knee height - hand more than ¾ arm's length from body 	<ul style="list-style-type: none"> - working height and reach adapted to task and individual
	Legs	<ul style="list-style-type: none"> - insufficient room for legs and feet - unstable underlay - sloping underlay - leg- or foot-operated pedal work* 	<ul style="list-style-type: none"> - insufficient room for legs and feet - unstable underlay - sloping underlay - leg- or foot-operated pedal work* 	<ul style="list-style-type: none"> - freedom of movement on non-slip, even and level underlay - no leg-operated and seldom foot-operated pedal work* - option of changing to seated position

* Leg-operated pedal work = the brake or clutch pedal of a motor vehicle

* Foot-operated pedal work = the accelerator pedal of a motor vehicle

