

















Posture of trunk / arms (inc. loads / applied forces of 30-40N) For duration of evaluation periods $\neq 60s$. Scores in lines 1-17 are corrected as follows: duration of evaluation period = (duration of posture or movement) $\times 60 \div$ duration of evaluation period [sec]	Duration of evaluation period for static or very frequent postures / movements of trunk / arms [% , sec/min, min/8h] 5..... 10..... 20.....33 67 ... >6 3..... 6..... 12.....20 40 ... >4 25... 50..... 100.....160 ... 320 >32	Sum of lines	Twisting of trunk ¹⁾	Lateral bending of trunk ¹⁾	Far reach ²⁾
					
			level 0-5 time 0-3 level x time	level 0-5 time 0-3 level x time	level 0-5 time 0-2 level x time

Standing										
1		upright	0	0	0	0	0			
		slightly bent forward								
2		bent forward (20-60°)	3	7	12	23	40			
		dto. with suitable	2	5	8	15	25			
3		bent deeply forward >60°	5	12	21	38	63			
		dto. with suitable	3	7	12	23	38			
4		upright arms at / above	5	12	21	38	63			
5		upright arms above head	8	19	33	60	100			

Sitting										
6		upright or slightly bent forward	0	0	0	0	0			
7		bent forward	1	2	4	8	13			
8		upright, arms at / above	4	10	16	30	50			
9		upright, arms above head	6	14	25	45	75			

Kneeling or crouching										
10		upright	5	9	15	27	45			
11		bent forward	6	14	25	45	75			
12		arms at / above shoulder level	9	23	43	80	135			

Lying										
13		(on back, front or side),	9	21	37	68	113			

1) 0 1,5 2,5 never (0%) 4s (6%) 10s (15%) >13s (20%)	2) 0 1 1,5 never (0%) 4s (6%) 10s (15%) >13s (20%)		$\Sigma(\max=15)$	$\Sigma(\max=15)$	$\Sigma(\max=10)$
) 0 1 3 slightly, <10° medium, ~15° strongly, ~25° extreme, >) 0 1 3 close ~60% reach ~80% reach arm stretch	Σ	$\Sigma(\max=40)$		

posture = Σ lines 1 - 13	N.B. Max. duration of evaluation = duration of task or 100% !	N.B. correct evaluation, if duration of evaluation $\neq 60s$	=

Das ist eines unserer Werkzeuge, um die Belastung am Arbeitsplatz zu erfassen und anhand von zahlenwerten auch Verbesserungen nachweisen zu können