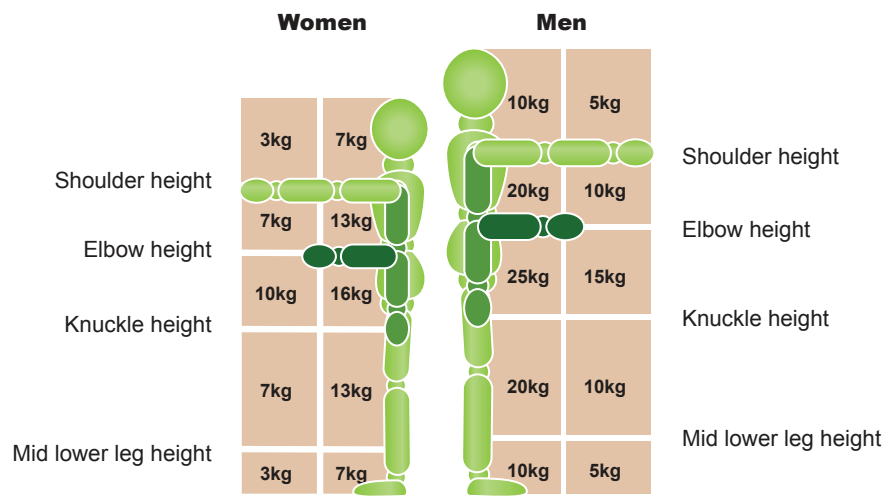


# POWERZONE CHART



MANUAL HANDLING  
IN THE WORKPLACE

The Powerzone chart contains guidelines for lifting and lowering. Working within the guidelines reduces the risk, but does not guarantee your complete safety.



Use this chart to make an assessment. The chart is separated into boxes showing the guideline maximum weight for lifting and lowering in each zone. It shows that extending your arms reduces the amount you can lift safely, as does lifting at high or low levels.

Compare your task with the chart. Decide which box or boxes your hands pass through when moving the load. Then assess the weight of the load. If it is less than the figure given in the box, the task is within the guidelines.

If your hands enter more than one box during the task, use the lightest weight. Use an in-between weight if your hands are close to a boundary between boxes.

For example the guidelines show that a woman should be able to safely lift something weighing 16kg from a table at waist height and move it to another table at waist height (keeping the load as close as possible to her body). But if she is placing the same load onto the floor near her feet, her hands must pass through other zones, so the lowest weight must be considered - in this example 7kg would be the most she could lift to this position. The load weighing 16kg would exceed the guidelines and in this case a risk assessment would be required.

The guideline weights assume that all other aspects of the lift are correct, for example – you have good grip, your body position is stable and your environmental conditions are reasonable.

## TWISTING

Twisting reduces the guideline weights. If you have to twist between 45 and 90 degrees during the task the weights should be reduced by around 10% and by 20% if twisting more than 90 degrees.

## FREQUENT LIFTING AND LOWERING

Repetition also reduces the guideline weights. The guideline weights are for infrequent tasks – no more than 30 times per hour. They assume that you don't have to support the weight for any length of time, that the pace of work is not forced and that you have regular breaks or a variety of tasks, (so that it is possible for you to rest or use different muscles). If the task is repeated once or twice per minute reduce the weights by 30%, for five to eight times per minute reduce by 50% and reduce by 80% if more than 12 times per minute.