JOE ANALYSIS WORKSHEET

DEPARTMENT
JOB TITLE
ANALYST'S NAME
DATE

JOB DESCRIPTION

STEP 1. Measure and record task variables

<table>
<thead>
<tr>
<th>Object Weight (lbs)</th>
<th>Hand Location (in)</th>
<th>Vertical Distance (in)</th>
<th>Asymmetric Angle (degrees)</th>
<th>Frequency Rate</th>
<th>Duration [hrs]</th>
<th>Object Coupling</th>
</tr>
</thead>
<tbody>
<tr>
<td>L (AVG.)</td>
<td>L (Max.)</td>
<td>H V H V</td>
<td>D A A</td>
<td>F</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

STEP 2. Determine the multipliers and compute the RWL's

\[ RWL = LC \cdot HM \cdot VM \cdot DM \cdot AM \cdot FM \cdot CM \]

ORIGIN

\[ RWL = 51 \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] = \text{Lbs} \]

DESTINATION

\[ RWL = 51 \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] \cdot [ ] = \text{Lbs} \]

STEP 3. Compute the LIFTING INDEX

ORIGIN

\[ LIFTING INDEX = \frac{OBJECT WEIGHT (L)}{RWL} \]

DESTINATION

\[ LIFTING INDEX = \frac{OBJECT WEIGHT (L)}{RWL} \]