

## Weight of Lift for Females (kg)

| Maximum acceptable weight of lift for females (kg) |          |         |                               |    |    |     |    |    |    |     |                                   |    |     |    |    |    |     |    |                              |     |    |    |    |    |    |    |  |
|--|----------|---------|-------------------------------|----|----|-----|----|----|----|-----|-----------------------------------|----|-----|----|----|----|-----|----|------------------------------|-----|----|----|----|----|----|----|--|
|  |          |         | Floor level to knuckle height |    |    |     |    |    |    |     | Knuckle height to shoulder height |    |     |    |    |    |     |    | Shoulder height to arm reach |     |    |    |    |    |    |    |  |
|  |          |         | One Lift Every                |    |    |     |    |    |    |     | One lift every                    |    |     |    |    |    |     |    | One lift every               |     |    |    |    |    |    |    |  |
|  |          |         | 5                             | 9  | 14 | 1   | 2  | 5  | 30 | 8   | 5                                 | 9  | 14  | 1  | 2  | 5  | 30  | 8  | 5                            | 9   | 14 | 1  | 2  | 5  | 30 | 8  |  |
| Width  | Distance | Percent | sec                           |    |    | min |    |    | hr | sec |                                   |    | min |    |    | h  | sec |    |                              | min |    |    | h  |    |    |    |  |
| 75   | 76       | 90      | 5                             | 6  | 7  | 7   | 8  | 8  | 9  | 12  | 5                                 | 6  | 7   | 9  | 9  | 9  | 10  | 12 | 4                            | 5   | 5  | 6  | 7  | 7  | 7  | 8  |  |
|  |          | 75      | 7                             | 8  | 9  | 9   | 10 | 10 | 11 | 14  | 6                                 | 7  | 8   | 10 | 11 | 11 | 12  | 14 | 5                            | 6   | 6  | 7  | 8  | 8  | 8  | 10 |  |
|  |          | 50      | 8                             | 10 | 10 | 11  | 12 | 12 | 13 | 17  | 7                                 | 8  | 9   | 11 | 12 | 12 | 13  | 16 | 6                            | 7   | 7  | 8  | 9  | 9  | 10 | 11 |  |
|  |          | 25      | 9                             | 11 | 12 | 13  | 14 | 14 | 15 | 21  | 8                                 | 9  | 10  | 13 | 14 | 14 | 15  | 18 | 7                            | 7   | 8  | 9  | 10 | 10 | 11 | 13 |  |
|  |          | 10      | 11                            | 13 | 14 | 14  | 15 | 16 | 17 | 23  | 9                                 | 10 | 11  | 14 | 15 | 15 | 17  | 20 | 7                            | 8   | 9  | 10 | 11 | 11 | 12 | 14 |  |
|  | 51       | 90      | 6                             | 7  | 8  | 8   | 9  | 9  | 10 | 14  | 6                                 | 7  | 8   | 9  | 10 | 10 | 11  | 13 | 5                            | 6   | 7  | 7  | 7  | 7  | 8  | 9  |  |
|  |          | 75      | 7                             | 9  | 9  | 10  | 11 | 11 | 13 | 18  | 7                                 | 8  | 9   | 11 | 12 | 12 | 13  | 15 | 6                            | 7   | 8  | 8  | 9  | 9  | 9  | 11 |  |
|  |          | 50      | 9                             | 10 | 11 | 12  | 13 | 14 | 15 | 21  | 9                                 | 9  | 11  | 13 | 14 | 14 | 15  | 17 | 7                            | 8   | 9  | 9  | 10 | 10 | 11 | 13 |  |
|  |          | 25      | 10                            | 12 | 13 | 15  | 16 | 16 | 18 | 25  | 10                                | 11 | 12  | 14 | 16 | 16 | 17  | 20 | 8                            | 9   | 10 | 10 | 11 | 11 | 12 | 14 |  |
|  |          | 10      | 11                            | 14 | 15 | 17  | 18 | 18 | 20 | 29  | 11                                | 12 | 14  | 16 | 17 | 17 | 19  | 22 | 9                            | 10  | 11 | 12 | 13 | 13 | 14 | 16 |  |
|  | 25       | 90      | 6                             | 8  | 8  | 9   | 9  | 9  | 11 | 14  | 6                                 | 7  | 8   | 10 | 11 | 11 | 12  | 14 | 5                            | 6   | 7  | 8  | 8  | 8  | 9  | 10 |  |
|  |          | 75      | 8                             | 10 | 11 | 11  | 12 | 12 | 13 | 18  | 7                                 | 8  | 9   | 12 | 13 | 13 | 14  | 17 | 6                            | 7   | 8  | 9  | 9  | 9  | 10 | 12 |  |
|  |          | 50      | 10                            | 12 | 13 | 13  | 14 | 14 | 16 | 21  | 9                                 | 10 | 11  | 14 | 15 | 15 | 16  | 19 | 7                            | 8   | 9  | 10 | 11 | 11 | 12 | 14 |  |
|  |          | 25      | 11                            | 14 | 15 | 15  | 16 | 17 | 19 | 25  | 10                                | 11 | 12  | 16 | 17 | 17 | 19  | 22 | 8                            | 9   | 10 | 12 | 12 | 12 | 14 | 16 |  |
|  |          | 10      | 13                            | 16 | 17 | 17  | 19 | 19 | 21 | 29  | 11                                | 12 | 14  | 18 | 19 | 19 | 21  | 24 | 9                            | 10  | 11 | 13 | 14 | 14 | 15 | 17 |  |
| 49   | 76       | 90      | 5                             | 6  | 7  | 8   | 8  | 8  | 9  | 13  | 5                                 | 6  | 7   | 9  | 9  | 9  | 10  | 12 | 4                            | 5   | 5  | 7  | 7  | 7  | 8  | 9  |  |
|  |          | 75      | 7                             | 8  | 9  | 10  | 10 | 10 | 12 | 16  | 6                                 | 7  | 8   | 10 | 11 | 11 | 12  | 14 | 5                            | 6   | 6  | 8  | 8  | 8  | 9  | 11 |  |
|  |          | 50      | 8                             | 10 | 10 | 12  | 12 | 13 | 14 | 19  | 7                                 | 8  | 9   | 11 | 12 | 12 | 13  | 16 | 6                            | 7   | 7  | 9  | 10 | 10 | 11 | 12 |  |
|  |          | 25      | 9                             | 11 | 12 | 14  | 15 | 15 | 17 | 22  | 8                                 | 9  | 10  | 13 | 14 | 14 | 15  | 18 | 7                            | 7   | 8  | 10 | 11 | 11 | 12 | 14 |  |
|  |          | 10      | 11                            | 13 | 14 | 15  | 17 | 17 | 19 | 25  | 9                                 | 10 | 11  | 14 | 15 | 15 | 17  | 20 | 7                            | 8   | 9  | 11 | 12 | 12 | 13 | 15 |  |
|  | 51       | 90      | 6                             | 7  | 8  | 9   | 10 | 10 | 11 | 15  | 6                                 | 7  | 8   | 9  | 10 | 10 | 11  | 13 | 5                            | 6   | 7  | 7  | 8  | 8  | 9  | 10 |  |
|  |          | 75      | 7                             | 9  | 9  | 11  | 12 | 12 | 14 | 18  | 7                                 | 8  | 9   | 11 | 12 | 12 | 12  | 15 | 6                            | 7   | 8  | 9  | 9  | 9  | 10 | 12 |  |
|  |          | 50      | 9                             | 10 | 11 | 13  | 15 | 15 | 16 | 22  | 9                                 | 9  | 11  | 13 | 14 | 14 | 15  | 17 | 7                            | 8   | 9  | 10 | 11 | 11 | 12 | 14 |  |
|  |          | 25      | 10                            | 12 | 13 | 16  | 17 | 17 | 19 | 26  | 10                                | 11 | 12  | 14 | 16 | 16 | 17  | 20 | 8                            | 9   | 10 | 11 | 12 | 12 | 13 | 15 |  |
|  |          | 10      | 11                            | 14 | 15 | 18  | 19 | 20 | 22 | 30  | 11                                | 12 | 14  | 16 | 17 | 17 | 19  | 22 | 9                            | 10  | 11 | 13 | 14 | 14 | 15 | 17 |  |
|  | 25       | 90      | 6                             | 8  | 8  | 9   | 10 | 10 | 11 | 15  | 6                                 | 7  | 8   | 10 | 11 | 11 | 12  | 14 | 5                            | 6   | 7  | 8  | 9  | 9  | 10 | 11 |  |
|  |          | 75      | 8                             | 10 | 11 | 12  | 12 | 13 | 14 | 19  | 7                                 | 8  | 9   | 12 | 13 | 13 | 14  | 17 | 6                            | 7   | 8  | 9  | 10 | 10 | 11 | 13 |  |
|  |          | 50      | 10                            | 12 | 13 | 14  | 15 | 15 | 17 | 23  | 9                                 | 10 | 11  | 14 | 15 | 15 | 16  | 19 | 7                            | 8   | 9  | 11 | 12 | 12 | 13 | 15 |  |
|  |          | 25      | 11                            | 14 | 15 | 16  | 18 | 18 | 20 | 27  | 10                                | 11 | 12  | 16 | 17 | 17 | 19  | 22 | 8                            | 9   | 10 | 12 | 13 | 13 | 15 | 17 |  |
|  |          | 10      | 13                            | 16 | 17 | 19  | 20 | 21 | 23 | 31  | 11                                | 12 | 14  | 18 | 19 | 19 | 21  | 24 | 9                            | 10  | 11 | 14 | 15 | 15 | 16 | 19 |  |
| 34   | 76       | 90      | 7                             | 8  | 9  | 9   | 10 | 10 | 11 | 15  | 9                                 | 7  | 8   | 9  | 10 | 10 | 11  | 13 | 5                            | 6   | 7  | 8  | 9  | 9  | 10 | 11 |  |
|  |          | 75      | 8                             | 10 | 11 | 12  | 13 | 13 | 14 | 19  | 7                                 | 8  | 9   | 11 | 12 | 12 | 13  | 15 | 6                            | 7   | 8  | 9  | 10 | 10 | 11 | 13 |  |
|  |          | 50      | 10                            | 12 | 13 | 14  | 15 | 16 | 17 | 23  | 9                                 | 9  | 11  | 13 | 14 | 14 | 15  | 17 | 7                            | 8   | 9  | 11 | 12 | 12 | 13 | 15 |  |
|  |          | 25      | 12                            | 14 | 15 | 17  | 18 | 18 | 20 | 27  | 10                                | 11 | 12  | 14 | 16 | 16 | 17  | 20 | 8                            | 9   | 10 | 12 | 13 | 13 | 15 | 17 |  |
|  |          | 10      | 13                            | 16 | 18 | 19  | 20 | 21 | 23 | 31  | 11                                | 12 | 13  | 16 | 17 | 17 | 19  | 22 | 9                            | 10  | 11 | 14 | 15 | 15 | 16 | 19 |  |
|  | 51       | 90      | 7                             | 9  | 9  | 11  | 12 | 12 | 13 | 18  | 8                                 | 8  | 9   | 10 | 11 | 11 | 12  | 14 | 7                            | 7   | 8  | 9  | 10 | 10 | 11 | 12 |  |
|  |          | 75      | 9                             | 11 | 12 | 14  | 15 | 15 | 16 | 22  | 9                                 | 10 | 11  | 12 | 13 | 13 | 14  | 17 | 8                            | 8   | 9  | 11 | 11 | 11 | 12 | 14 |  |
|  |          | 50      | 11                            | 13 | 14 | 16  | 18 | 18 | 20 | 27  | 10                                | 11 | 13  | 14 | 15 | 15 | 17  | 19 | 9                            | 10  | 11 | 12 | 13 | 13 | 14 | 17 |  |
|  |          | 25      | 13                            | 15 | 17 | 19  | 21 | 21 | 24 | 32  | 12                                | 13 | 14  | 16 | 17 | 17 | 19  | 22 | 10                           | 11  | 12 | 14 | 15 | 15 | 16 | 19 |  |
|  |          | 10      | 14                            | 18 | 19 | 22  | 24 | 24 | 27 | 36  | 13                                | 14 | 16  | 18 | 19 | 19 | 21  | 24 | 11                           | 12  | 14 | 15 | 16 | 16 | 18 | 21 |  |
|  | 25       | 90      | 8                             | 10 | 11 | 11  | 12 | 12 | 14 | 19  | 8                                 | 8  | 9   | 12 | 12 | 12 | 14  | 16 | 7                            | 7   | 8  | 10 | 11 | 11 | 12 | 14 |  |
|  |          | 75      | 10                            | 12 | 13 | 14  | 15 | 15 | 17 | 23  | 9                                 | 10 | 11  | 13 | 14 | 14 | 16  | 18 | 8                            | 8   | 9  | 12 | 12 | 12 | 14 | 16 |  |
|  |          | 50      | 12                            | 15 | 16 | 17  | 18 | 19 | 21 | 28  | 10                                | 11 | 13  | 16 | 17 | 17 | 18  | 21 | 9                            | 10  | 11 | 13 | 14 | 14 | 16 | 18 |  |
|  |          | 25      | 14                            | 17 | 19 | 20  | 22 | 22 | 24 | 33  | 12                                | 13 | 14  | 18 | 19 | 19 | 21  | 24 | 10                           | 11  | 12 | 15 | 16 | 16 | 18 | 21 |  |
|  |          | 10      | 16                            | 20 | 21 | 23  | 25 | 25 | 28 | 38  | 13                                | 14 | 16  | 19 | 21 | 21 | 23  | 27 | 11                           | 12  | 14 | 17 | 18 | 18 | 20 | 23 |  |