

Weight of Lower for Females (kg)

Maximal Acceptable Weight of Lower 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						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			Hour	Sec			Min			Hour	Sec			Min			Hour				
75	76	90	5	6	7	7	8	8	9	12	6	6	7	8	9	10	10	13	5	5	5	6	7	7	7	9	
		75	6	8	8	9	10	10	11	14	7	8	8	10	11	12	12	15	5	6	6	7	8	9	9	11	
		50	7	9	10	11	12	12	12	17	8	9	10	12	13	14	14	18	7	8	8	8	10	10	10	13	
		25	9	11	12	12	14	14	15	20	9	11	11	13	15	17	17	21	8	9	9	10	11	12	12	15	
		10	10	13	13	14	15	16	17	23	11	12	13	15	17	19	19	24	9	10	10	11	12	14	14	17	
	51	90	6	7	7	8	9	10	10	14	7	8	8	9	10	11	11	14	5	6	6	7	8	9	9	11	
		75	7	8	9	10	11	12	13	17	8	9	9	11	12	13	13	17	7	7	8	9	10	11	11	13	
		50	8	10	11	12	14	14	15	20	10	11	11	13	15	16	16	20	8	9	9	10	12	13	13	16	
		25	10	12	13	14	16	17	18	24	11	13	13	15	17	19	19	23	9	10	11	12	13	15	15	18	
		10	11	13	14	16	18	19	20	27	13	15	15	17	19	21	21	26	10	12	12	13	15	17	17	21	
	25	90	6	8	8	9	10	10	11	14	7	8	8	10	11	12	12	15	5	6	6	7	8	9	9	11	
		75	8	10	10	11	12	12	13	17	8	9	9	12	13	15	15	19	7	7	8	9	10	11	11	13	
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		10	12	15	16	17	19	20	21	28	13	15	15	19	21	23	23	29	10	12	12	13	15	17	17	21	
	49	76	90	5	6	7	8	8	9	10	13	6	6	7	8	9	10	10	13	5	5	5	6	7	8	8	10
			75	6	8	8	9	10	11	12	16	7	8	8	10	11	12	12	15	5	6	6	8	9	9	9	12
			50	8	9	10	11	13	13	14	19	8	9	10	12	13	14	14	18	7	8	8	9	10	11	11	14
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		10	12	15	16	18	20	21	23	30	13	15	15	19	21	23	23	29	10	12	12	15	16	18	18	23	
34		76	90	6	8	9	9	10	11	12	15	7	8	8	9	10	11	11	14	6	6	7	8	9	9	9	12
			75	8	10	11	11	13	13	14	19	8	9	9	11	12	13	13	17	7	8	8	9	10	11	11	14
			50	10	12	13	14	15	16	17	23	10	11	11	13	15	16	16	20	8	9	10	11	13	14	14	17
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			10	13	16	17	18	20	21	23	30	12	14	15	17	19	21	21	26	11	12	13	14	16	18	18	23
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		75	9	11	11	13	15	16	17	22	9	11	11	12	14	15	15	19	8	9	10	10	12	13	13	16	
		50	10	13	14	16	18	20	20	27	11	13	13	14	16	18	18	22	10	11	11	12	14	15	15	19	
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	25	90	8	10	10	11	13	13	14	19	8	9	9	11	12	13	13	17	7	8	8	9	11	12	12	15	
		75	10	12	13	14	15	16	17	23	9	11	11	13	15	16	16	21	8	9	10	11	13	14	14	18	
		50	12	14	15	17	19	20	21	28	11	13	13	16	18	20	20	25	10	11	11	14	15	17	17	21	
		25	14	17	18	20	22	23	24	33	13	15	15	18	21	23	23	29	11	13	13	16	18	19	19	24	
		10	15	19	20	22	25	26	28	37	15	17	17	21	23	26	26	32	13	15	15	18	20	22	22	28	