



Appendix

Frequency Multiplier (FM), Frequency Lifts/min (F)				Work Duration	
≤ 1 Hour		> 1 but ≤ 2 Hours		> 2 but ≤ 8 Hours	
V < 30 inches	V ≥ 30 inches	V < 30 inches	V ≥ 30 inches	V < 30 inches	V ≥ 30 inches
≤ 0.2	1.00	1.00	.95	.95	.85
0.5	.97	.97	.92	.92	.81
1	.94	.94	.88	.88	.75
2	.91	.91	.84	.84	.65
3	.88	.88	.79	.79	.55
4	.84	.84	.72	.72	.45
5	.8	.8	.6	.6	.35
6	.75	.75	.5	.5	.27
7	.7	.7	.42	.42	.22
8	.6	.6	.35	.35	.18
9	.52	.52	.3	.3	.0
10	.45	.45	.26	.26	.0
11	.41	.41	.0	.23	.0
12	.37	.37	.0	.21	.0
13	.0	.34	.0	.0	.0
14	.0	.31	.0	.0	.0
15	.0	.28	.0	.0	.0
>15	.0	.0	.0	.0	.0

Table A: Frequency Multiplier
Source: Revised NIOSH Lifting Equation (1991).

Coupling Type	V < 30 Inches (75 cm)	V ≥ 30 Inches (75 cm)
Good	1.00	1.00
Fair	0.95	1.00
Poor	0.90	0.90

Table B: Coupling Multiplier.

