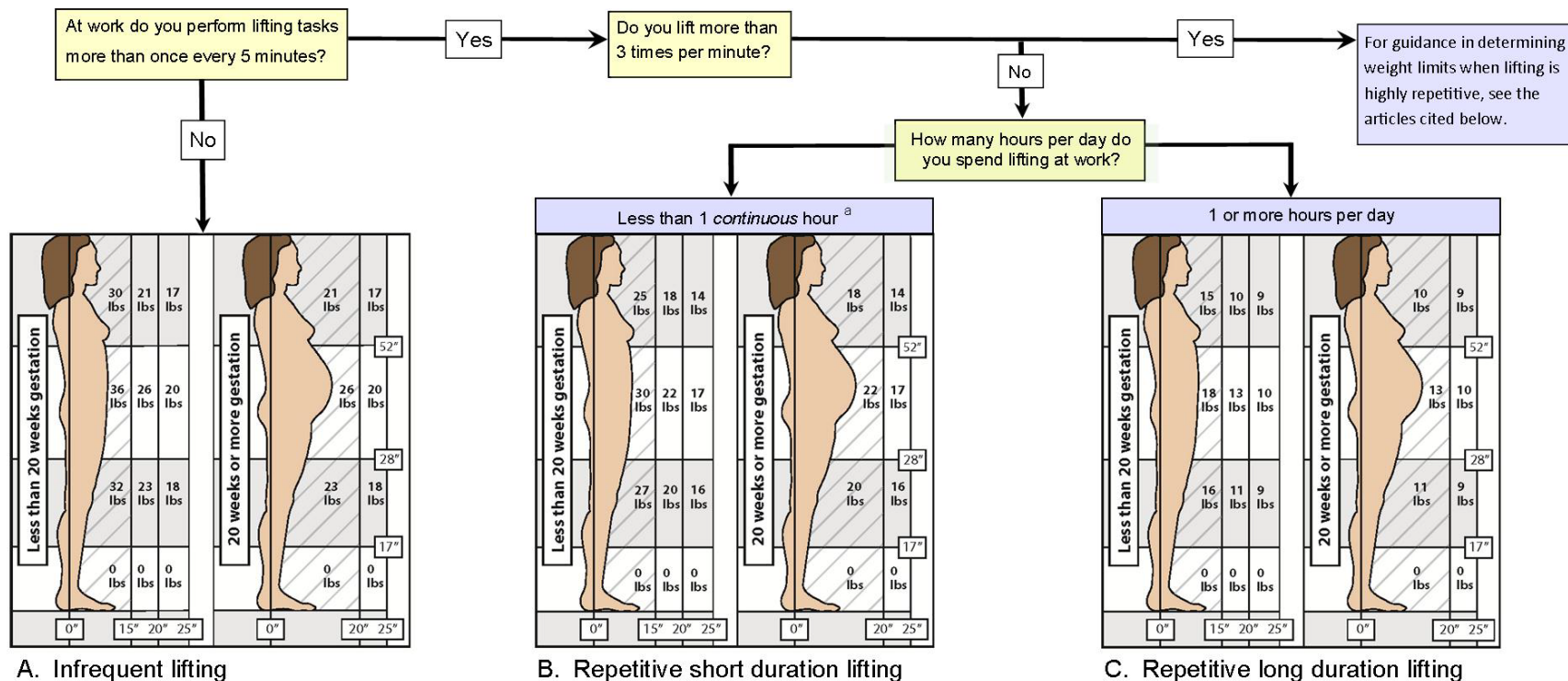


Provisional Recommended Weight Limits for Lifting at Work During Pregnancy



Steps for determining the Recommended Weight Limit (RWL):

- 1) Answer the questions in the yellow-colored text boxes above to select the one graphic (A, B or C) that best describes the lifting frequency or frequency/duration pattern.
- 2) When less than 20 weeks pregnant, select the image on the left of the graphic; when pregnant for 20 weeks or more, select the image on the right.
- 3) Underline the numerical value on the graphic that best corresponds with the object location at the start of the lift (height from the floor and the distance in front of the body); repeat for the object location at the end of the lift. Now underline all other numerical values along the entire path the object would travel during the lift (between the start and end points). Circle the lowest numerical value underlined.
- 4) The number circled in step 3 is the RWL (in pounds) for the gestation period and lift conditions specified in steps 1-3. Repeat these steps when the gestation period or task conditions change.

^a - this task duration category can encompass multiple hours of lifting in one work day provided that each continuous lifting period is less than one hour and followed by a minimum of one hour of non-lifting activity before lifting resumes.

References:

- 1) MacDonald L, Waters T, Napolitano P, Goddard D, Ryan M, Nielsen P, Hudock S (2013) Clinical Guidelines for Occupational Lifting in Pregnancy – Evidence Summary and Provisional Recommendations; doi: 10.1016/j.ajog.2013.02.047. <http://www.sciencedirect.com/science/journal/00029378>.
- 2) Waters T, MacDonald L, Hudock S, Goddard D (in press). Provisional Recommended Weight Limits for Manual Lifting during Pregnancy. Human Factors.

