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| CATEGORY | DESCRIPTION OF WORKLOAD |
|  **I EASY** | Sitting type of work with limited walking and standing (0%); mostly easy manual work (using arms and hands), without forced body position, without lifting and carrying weights and without static work. |
| **II MEDIUM** | Alternation of sitting, standing and walking (<30%) including carrying and lifting light and medium heavy weights (women 5 kg and men 12 kg) without forced body position and with little static work. |
| **III HARD** | Alternation of mostly standing and walking including lifting and carrying hevay weights (women 5-10kg and men 12**-**25 kg), occasionally (up to 8%) forced body position and static work. |
| **IV VERY HARD** | Alternation of mostly standing and walking; whole body work with constant lifting (>30%), (women over 10 kg and men over 25 kg), forced body position and very often (>30%) static work. |

**Figure 2 - „Grading System for Physical Workload“ (GSPW)**