|  |  |  |  |
| --- | --- | --- | --- |
| PHYSICAL WORKLOAD | 0 % |  <30% | above 30% |
| Dynamic work |  |  |  |
| Static work |  |  |  |
| Sitting |  |  |  |
| Standing |  |  |  |
| Walking |  |  |  |
| Forced position: bending |  |  |  |
|  trunk twisting |  |  |  |
| Lifting and carrying weights |  |  |  |
| The amount of weight expressed in kilos |  |  |  |

Figure 1 - „Workload Assessment Questionnarires“ (WAQ)