|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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)