1. Assess load mass

- **Load ≤ 3kg**: 
  - **Yes**
    - **Frequency < 10/day**: 
      - **Yes**: No action required
      - **No**: Repetitive movements > 2/minute
        - **Yes**: Action required
    - **No**: Load ≤ 25kg
  - **No**: Frequency < 10/day

- **Load ≤ 25kg**: 
  - **Yes**: 2. Assess lifting characteristics
  - **No**: Increased risk?
    - **Yes**: No action required
    - **No**: Use lifting devices

2. Assess lifting characteristics

- NIOSH MAC

3. Select appropriate measures to reduce workload of the low back

- NIOSH MAC
  - Use lifting devices
  - Reduce horizontal distance
  - Reduce vertical distance
  - Reduce lifting frequency and time lifting
  - Reduce load mass
  - Alternate tasks
  - Improve other lifting characteristics

4. Evaluate whether measures are used and reduce workload of the low back

- NIOSH MAC