

ACGIH TLVs for Lifting Tasks

Table 1				Table 2				Table 3			
Infrequent				Somewhat Frequent				Frequent, Long Duration			
Up to 2 hours per day with up to 60 lifts per hour OR > 2 hours per day with up to 12 lifts per hour				Up to 2 hours per day with > 60 and up to 360 lifts per hour OR > 2 hours per day with > 12 and up to 30 lifts per hour				> 2 hours per day with > 30 and up to 360 lifts per hour			
Vertical Zone	Horizontal Zone*			Vertical Zone	Horizontal Zone*			Vertical Zone	Horizontal Zone*		
	Close: < 12 ins	Mid: 12 ins to 24 ins	Far: 24 ins to 31 ins		Close: < 12 ins	Mid: 12 ins to 24 ins	Far: 24 ins to 31 ins		Close: < 12 ins	Mid: 12 ins to 24 ins	Far: 24 ins to 31 ins
12 inches above shoulder to 3 inches below shoulder	35 lbs	15 lbs	No known safe limit for repetitive lifting	12 inches above shoulder to 3 inches below shoulder	30 lbs	10 lbs	No known safe limit for repetitive lifting	12 inches above shoulder to 3 inches below shoulder	25 lbs	No known safe limit for repetitive lifting	No known safe limit for repetitive lifting
Below shoulder to knuckle height	70 lbs	35 lbs	20 lbs	Below shoulder to knuckle height	60 lbs	30 lbs	15 lbs	Below shoulder to knuckle height	30 lbs	20 lbs	10 lbs
Knuckle height to mid-shin height	40 lbs	30 lbs	15 lbs	Knuckle height to mid-shin height	35 lbs	25 lbs	10 lbs	Knuckle height to mid-shin height	20 lbs	15 lbs	5 lbs
Mid-shin height to floor	30 lbs	No known safe limit for repetitive lifting	No known safe limit for repetitive lifting	Mid-shin height to floor	20 lbs	No known safe limit for repetitive lifting	No known safe limit for repetitive lifting	Mid-shin height to floor	No known safe limit for repetitive lifting	No known safe limit for repetitive lifting	No known safe limit for repetitive lifting

* Measure horizontal distances from the mid-point between the ankles

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