Table 5. Maximum acceptable weight of lower for females (kg).

Width‡	Distance§	Percent¶	Knuckle height to floor level, One lower every: 5 s	9 s	14	1 min	2 min	5 min	30 min	8 h	Shoulder height to knuckle height, One lower every: 5 s	9 s	14	1 min	2 min	5 min	30 min	8 h	Arm reach to shoulder height, One lower every: 5 s	9 s	14	1 min	2 min	5 min	30 min	8 h
		90	5	6	7	7	8	8	9	12	6	6	7	8	9	10	10	13	5	5	5	6	7	7	7	9
		75	6	8	8	9	10	10	11	14	7	8	8	10	11	12	12	15	5	6	6	7	8	9	9	11
	76	50	7	9	10	11	12	12	13	17	8	9	10	12	13	14	14	18	7	8	8	8	10	10	10	13
		25	*9*	11	12	12	14	14	15	20	9	11	11	13	15	17	17	21	*8*	*9*	9	10	11	12	12	15
		10	*10*	13	13	14	15	16	17	23	*11*	12	13	15	17	19	19	24	*9*	*10*	10	11	12	14	14	17
		90	6	7	7	8	9	10	10	14	7	8	8	9	10	11	11	14	5	6	6	6	7	8	8	10
		75	7	8	9	10	11	12	13	17	8	9	9	11	12	13	13	17	7	7	8	8	9	10	10	12
75	51	50	*8*	10	11	12	14	14	15	20	10	11	11	13	15	16	16	20	8	9	9	9	11	12	12	15
		25	*10*	12	13	14	16	17	18	24	11	13	13	15	17	19	19	23	*9*	*10*	11	11	12	13	13	17
		10	*11*	*13*	14	16	18	19	20	27	*13*	15	15	17	19	21	21	26	*10*	*12*	12	12	14	15	15	19
		90	6	8	8	9	10	10	11	14	7	8	8	10	11	12	12	15	5	6	6	7	8	9	9	11
		75	8	10	10	11	12	12	13	17	8	9	9	12	13	15	15	19	7	7	8	9	10	11	11	13
	25	50	*9*	11	12	13	14	15	16	21	10	11	11	14	16	18	18	22	8	9	9	10	12	13	13	16
		25	*11*	13	14	15	17	17	19	25	11	13	13	16	19	20	20	26	9	10	11	12	13	15	15	19
		10	*12*	15	16	17	19	20	21	28	13	15	15	19	21	23	23	29	10	12	12	13	15	17	17	21
		90	5	6	7	8	8	9	10	13	6	6	7	8	9	10	10	13	5	5	5	6	7	8	8	10
		75	6	8	8	9	10	11	12	16	7	8	8	10	11	12	12	15	5	6	6	8	9	9	9	12
	76	50	8	9	10	11	13	13	14	19	8	9	10	12	13	14	14	18	7	8	8	9	10	11	11	14
		25	9	11	12	13	15	16	17	22	9	11	11	13	15	17	17	21	*8*	*9*	9	11	12	13	13	16
		10	*10*	13	13	15	17	18	19	25	*11*	12	13	15	17	19	19	24	*9*	*10*	10	12	13	15	15	19
		90	6	7	7	9	10	10	11	15	7	8	8	9	10	11	11	14	5	6	6	7	8	9	9	11
		75	7	8	9	11	12	13	14	18	8	9	10	11	12	13	13	17	7	7	8	8	10	10	10	13
49	51	50	*8*	10	11	13	15	15	16	22	10	11	11	13	15	16	16	20	8	9	9	10	11	13	13	16
		25	*10*	12	13	15	17	18	19	26	11	13	13	15	17	19	19	23	*9*	*10*	11	12	13	15	15	18
		10	*11*	13	14	17	19	20	22	29	*13*	15	15	17	19	21	21	26	*10*	*12*	12	13	15	16	16	21
		90	6	8	8	9	10	11	12	15	7	8	8	10	11	12	12	15	5	6	6	8	9	9	9	12
		75	8	10	10	11	13	13	14	19	8	9	10	12	13	15	15	19	7	7	8	9	10	12	12	14
	25	50	9	11	12	14	15	16	17	23	10	11	11	14	16	18	18	22	8	9	9	11	13	14	14	17
		25	*11*	13	14	16	18	19	20	27	11	13	13	16	19	20	20	26	9	10	11	13	15	16	16	20
		10	*12*	15	16	18	20	21	23	30	13	15	15	19	21	23	23	29	10	12	12	15	16	18	18	23
		90	6	8	9	9	10	11	12	15	7	8	8	9	10	11	11	14	6	6	7	8	9	9	9	12
		75	8	10	11	11	13	13	14	19	8	9	9	11	12	13	13	17	7	8	8	9	10	11	11	14
	76	50	*10*	12	13	14	15	16	17	23	10	11	11	13	15	16	16	20	8	9	10	11	13	14	14	17
		25	*11*	14	15	16	18	19	20	27	11	13	13	15	17	19	19	23	*9*	*11*	11	13	15	16	16	20
		10	*13*	*16*	17	18	20	21	23	30	*12*	14	15	17	19	21	21	26	*11*	*12*	13	14	16	18	18	23
		90	7	9	9	11	12	13	14	18	8	9	9	10	11	12	12	15	7	8	8	8	10	11	11	13
		75	*9*	11	11	13	15	16	17	22	9	11	11	12	14	15	15	19	8	9	10	10	12	13	13	16
34	51	50	*10*	13	14	16	18	19	20	27	11	13	13	14	16	18	18	22	*10*	11	11	12	14	15	15	19
		25	*12*	*15*	16	19	21	22	24	31	13	15	15	17	19	21	21	26	*11*	*13*	13	14	16	18	18	22
		10	*14*	*17*	*18*	21	24	25	27	35	*16*	*17*	17	19	21	23	23	29	*13*	*15*	15	16	18	20	20	25
		90	8	10	10	11	13	13	14	19	8	9	9	11	12	13	13	17	7	8	8	9	11	12	12	15
		75	*10*	12	13	14	15	16	17	23	9	11	11	13	15	16	16	21	8	9	10	11	13	14	14	18
	25	50	*12*	14	15	17	19	20	21	28	11	13	13	16	18	20	20	25	10	11	11	14	15	17	17	21
		25	*14*	*17*	18	20	22	23	24	33	13	15	15	18	21	23	23	29	11	13	13	16	18	19	19	24
		10	*15*	*19*	20	22	25	26	28	37	15	17	17	21	23	26	26	32	*13*	*15*	15	18	20	22	22	28

‡ Box width (the dimension away from the body) (cm).
§ Vertical distance of lower (cm).
¶ Percentage of industrial population.
Italicized values exceed 8 h physiological criteria (see text).