Isoinertial Lift Evaluation Form Occasional Lift Test

Client Name:		_ Evalua	tion Date:	Age:	
Heart Rate:b	pm Numerio	Pain Rating:	/10	Blood Pressure:	/
Maximum Safe Heart I	Rate: 220 mi	nus x 0	0.85 =	bpm	
Maximum Safe Weight	t:x	0.6 = body weight			
Test	Max Weight	Acceptable Weight	Pain	Reason Stopped	Percentile
Floor - Knuckle			/10		%
12" - Knuckle			/10		
Knuckle - Shoulder			/10		%
Shoulder-Overhead			/10		%
Post Test Data Body Mechanics:					
Heart Rate:N	umeric Pain F	Rating:	_/10 Blood	d Pressure:	/
Evaluator:					

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Isoinertial Material Handling Evaluation Form

Client Name:		Evaluatio	on Date : _	Age:	
Heart Rate:	bpm Nume	ric Pain Rating:	/10	Blood Pressure:	/
Maximum Safe He	eart Rate: 220 r	ninus x 0.8	35 =	bpm	
Maximum Safe We	eight:	$x 0.6 = \underline{\qquad}$ body weigh	lbs		
TEST	MAX WEIGHT	ACCEPTABLE WEIGHT	PAIN	REASON STOPPED	PERCENTILE
Carry 30'			/10		%
Push 30'			/10		%
Pull 30'			/10		%
Post Test Data					
Body Mechanics:_					
Heart Rate:	_ Numeric Pair	n Rating:	/10 Blood	d Pressure:	/
Evaluator:					

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Cervical PILE for Women - Worksheet

Name:		Date:		
Height:	Weight:	Ideal Weight:	Adjusted Weight:	
Beginning Heart Ra	te =			
Aerobic End Point =	= 220	(age) x 85% =		
Safety Fnd Point = ((Rody Weight)	x 6		

Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		8#	8#	20	
		13#	21#	40	
		18#	39#	60	
		23#	62#	80	
		28#	90#	100	
		33#	123#	120	
		38#	161#	140	
		43#	204#	160	
		48#	252#	180	
		53#	305#	200	

Adjusted Weight = pounds

Cumulative Force (cf) = pounds

Distance = 16 feet

Cervical Total Work = (cf) pounds x 16 feet

Cervical Total Work = foot pounds

Cervical Total Work / Adjusted Weight =

Normative Value for Females = 14.6

Total Power = pounds per foot/second

Cervical PILE for Men – Worksheet

Name:		Date:		
Height:	Weight:	Ideal Weight:	Adjusted Weight:	
Beginning Heart	Rate =	Aerobic End Point = 220	(age) x 85% =	
Safety End Point	= (Body Weigh	nt) x .6		

Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		13#	13#	20	
		23#	36#	40	
		33#	69#	60	
		43#	112#	80	
		53#	165#	100	
		63#	228#	120	
		73#	301#	140	
		83#	384#	160	
		93#	477#	180	
		103#	580#	200	

Adjusted Weight = _	pounds
Adjusted Weight =	pounds
Cumulative Force (cf) =	<u>16</u> feet
Distance =	(cf) pounds x <u>16</u> feet
Cervical Total Work =	foot pounds
Cervical Total Work =	
eal Total Work / Adjusted Weight =	
Normative Value for Males =	<u>24.6</u>
Total Power =	nounds per foot / seconds

Lumbar PILE for Women – Worksheet

Name:			Date:		
Height:	Weight:	Ideal We	eight :	Adjusted Wei	ght :
Beginning Hear	rt Rate =				
Aerobic End Po	oint = 220	(age) x 85 %	√₀ =	-	
Safety End Poir	nt = (Body Weight)x .6			
Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		8#	8#	20	
		13#	21#	40	
		18#	39#	60	
		23#	62#	80	
		28#	90#	100	
		33#	123#	120	
		38#	161#	140	
		43#	204#	160	
		48#	252#	180	
		53#	305#	200	
	Adi	justed Weight =		pounds	
		ive Force (cf) =		pounds	
		Distance =	20	feet	
	Lumba	ar Total Work =		(cf) pounds x 2	0 feet
	Lumba	ar Total Work =		foot pounds	
Lumba	ır Total Work / Adj	justed Weight =			
	Normative Value	e for Females =	34.1		
		Total Power =		pounds per foo	t/second

Lumbar PILE for Men – Worksheet

Name:	Date:				
Height: Weight:	Ideal Weight :	Adjusted Weight :			
Beginning Heart Rate =					
Aerobic End Point = 220	_ (age) x 85 % =				

Safety End Point = (Body Weight)_____ x .6 ____

Heart Rate	Completed (X)	Weight Lifted	Cumulative Force	Time	Comments
		13#	13#	20	
		23#	36#	40	
		33#	69#	60	
		43#	112#	80	
		53#	165#	100	
		63#	228#	120	
		73#	301#	140	
		83#	384#	160	
		93#	477#	180	
		103#	580#	200	

Adjusted Weight = pounds

Cumulative Force (cf) = pounds

Distance = 20 feet

Lumbar Total Work = (cf) pounds x 20 feet

Lumbar Total Work = foot pounds

Lumbar Total Work / Adjusted Weight =

Normative Value for Males = 45.6

Total Power = pounds per foot/second