








Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.






QUESTIONNAIRE

Trunk		Never 0	Seldom 1	Sometimes 2	Often 3	Very often 4
	Straight, upright T1					
	Slightly inclined T2					
	Strongly inclined T3					
	Twisted T4					
	Literally bent T5					

Arms		Never 0	Seldom 1	Sometimes 2	Often 3	Very often 4
	Both arms below shoulder height A1					
	One arm above shoulder height A2					
	Both arms above shoulder height A3					

Based on: *Hollmann S, Klimmer F, Schmidt KH, Kylian H. Validation of a questionnaire for assessing physical work load. Scand J Work Environ Health. 1999 Apr;25(2):105-14. doi: 10.5271/sjweh.412. PMID: 10360465.*

Weight, lifted / carried with upright trunk		Never 0	Seldom 1	Sometimes 2	Often 3	Very often 4
	Light (up to 10 kg) Wu1					
	Medium (10-20 kg) Wu2					
	Heavy (more than 20 kg) Wu3					

Legs		Never 0	Seldom 1	Sometimes 2	Often 3	Very often 4
	Sitting L1					
	Standing L2					
	Squatting L3					
	Kneeling with one knee or with both L4					
	Walking, moving L5					

Weight, lifted / carried with inclined trunk		Never 0	Seldom 1	Sometimes 2	Often 3	Very often 4
	Light (up to 10 kg) Wi1					
	Medium (10-20 kg) Wi2					
	Heavy (more than 20 kg) Wi3					

Based on: Hollmann S, Klimmer F, Schmidt KH, Kylian H. Validation of a questionnaire for assessing physical work load. *Scand J Work Environ Health*. 1999 Apr;25(2):105-14. doi: 10.5271/sjweh.412. PMID: 10360465.