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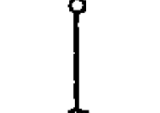



## QUESTIONNAIRE


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.