

LIST OF TABLES

Table II.1 Recommended Weight Limit Variable.....	39
Table IV.1 Anthropometric Data of Operator.....	60
Table IV.2 Determination of Lifting Frequency per Minute	63
Table IV.3 Variable Data of NIOSH Lifting Equation	64
Table IV.4 Variable Data of NIOSH Lifting Equation Cont.	65
Table IV.5 Angle Posture of Taking a Sack Bean	70
Table IV.6 Angle Posture of Carrying a Sack Bean	73
Table IV.7 Angle Posture of Putting a Sack Bean	75
Table V.1 Grip Position Calculation Results	85
Table V.2 Determination of Total Stack of Containers	85
Table V.3 Determination of Optimal Angle	90
Table V.4 The Compressive Force on L5/S1 Results for each activity	93
Table V.5 Comparison Table between Existing Method and Proposed Method..	97
Table V.6 Comparison Table between Existing Method and Proposed Method Cont.	98