PRONOMIC

PRACTICAL GUIDE · 2026

GUIDE

How to map heavy lifts and risk factors in your operations

A practical resource for warehousing, production and intralogistics — complete a first review in 1–2 hours.

BACKGROUND

Why should you map heavy lifts?

Heavy, repetitive lifts and unclear handling flows are part of everyday life for many in warehousing, production and intralogistics. The consequences are felt both in the work environment and in efficiency — increased strain on employees, risk of injury, unnecessary stoppages and greater difficulty recruiting and retaining staff.

At the same time, improvement doesn't always have to start with big investments. Often it's about getting a clear picture of the current situation and seeing where the risks and bottlenecks actually are.

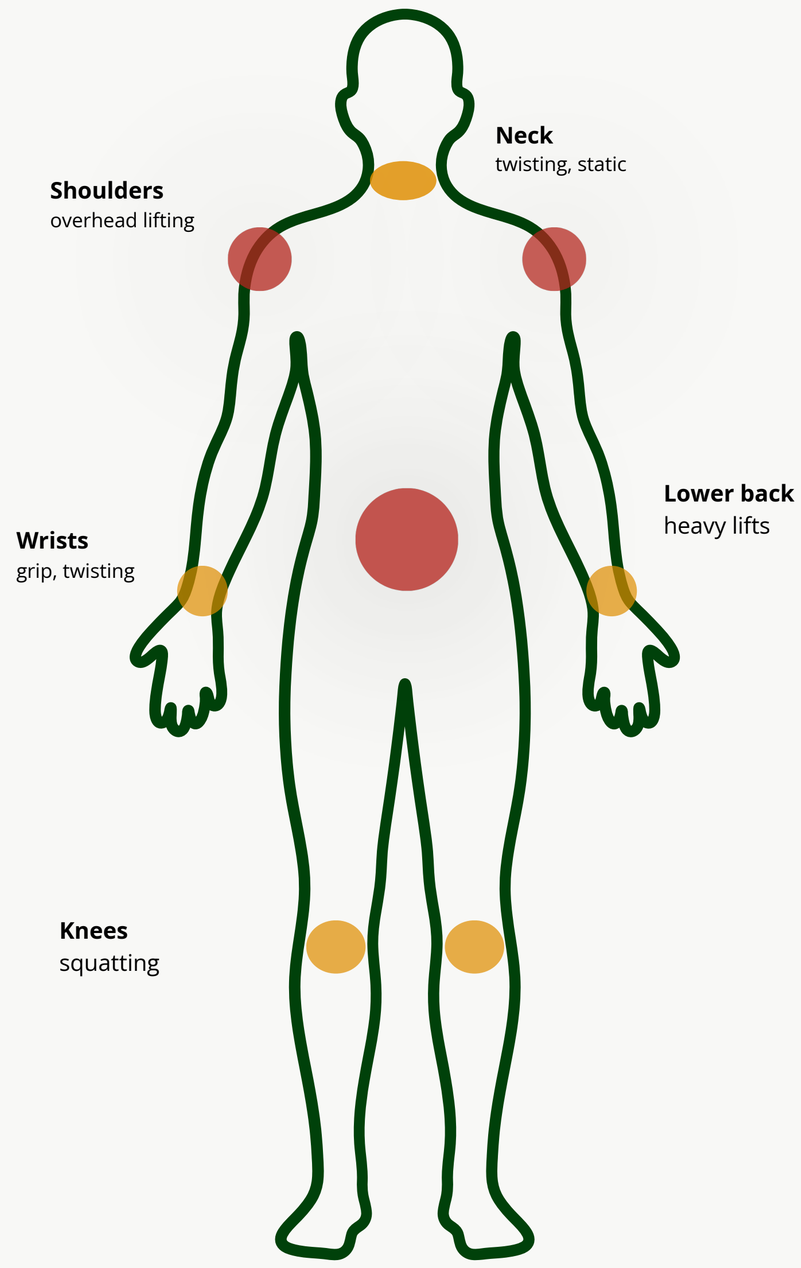
You will be able to:

- Identify where the heaviest and most frequent lifts take place
- Reveal which tasks create the most strain and the greatest risk
- Prioritize which parts of the flow are most worth addressing first

STRAIN MAP

How heavy lifts affect the body

Repeated, heavy or awkward lifts are felt above all in the lower back, shoulders, neck and knees. A clear mapping helps you find the risk points **before they become injuries**.



High risk — prioritize Medium — monitor

Common strain injuries in manual handling. Map them using the guide's 7-step method.

METHOD

Seven steps, 1–2 hours

The guide is designed to be easy to use, even if you're short on time.

Write directly in a notepad, a spreadsheet, or use the printed template later in the guide.

1

Choose a defined area

A warehouse zone, assembly line or a single station — start small.

2

List all lifting and handling tasks

Follow the flow step by step and capture every task.

3

Assess load and frequency

Three simple parameters: weight, frequency, working posture.

4

Mark red, yellow and green tasks

Color-code the risk so the heaviest ones stand out visually.

5

Talk to your employees

Complete the map with everyday insight from the floor.

6

Identify possible measures

Lifting aids, a new layout or a different division of work.

7

Prioritize and plan the next steps

Which 3–5 red tasks will you tackle first? Short or long term?

Format: Write directly in a notepad, in a spreadsheet, or use the printed worksheet on page 11.

The main thing is to get started — the method is intentionally simple.



STEP 1 OF 7

Start small — choose a defined area

01

Don’t try to map the entire operation at once. Choose a clearly defined area where you already suspect there is room for improvement — that makes it easier to justify the next step once you see the results.

Examples of suitable areas

- A warehouse zone — goods-in, picking or packing
- An assembly line or a specific station
- A recurring task you know is heavy or awkward

> **Tip**
>
> The goal is for you to complete a first review in 1–2 hours. Once you have tested the method in one area, you can reuse the same approach in other parts of the operation.





STEP 2 OF 7

Follow the flow — list all lifting and handling tasks

02

Walk through the selected area step by step. Follow the material or product through the flow and note every task where something is lifted, carried, pushed, pulled, twisted or turned — or moved up and down from a shelf, pallet, conveyor or cart.

Write each task on its own line

- Lifting boxes from pallet to table
- Moving rolls from cart to machine
- Picking parts from a box at floor level
- Pallet handling in/out of the aisle

> **At this stage, it’s only about capturing every task**
>
> Don’t evaluate them yet — you’ll do that in step 3. Many people miss tasks that are "just" pushing a cart or turning a box; include everything.





STEP 3 OF 7

Three simple parameters — assess load and frequency

For each task on the list, now make a quick assessment based on three parameters. The assessments don’t need to be exact — the aim is to get a good enough overview to see which tasks stand out.

PARAMETER 1

Weight

= 0–5 kg
= 5–15 kg
= 15–25 kg
= 25+ kg

PARAMETER 2

Frequency

= A few times per day
= About ten times per day
= Many times per hour

PARAMETER 3

Working posture

= Below knee height
= Between knee and chest
= Above shoulder height
= Twisting of the back
= Reaching forward/sideways



STEP 4 OF 7

Color-code the risks — red, yellow, green

04

Once you have assessed all tasks, you can color-code them to clearly see where the risks are greatest. The red tasks become your first action list.

RED

High priority

- Relatively heavy (often 15+ kg)
- High or medium-high frequency
- Bent back, twisting or lifting above shoulder height

YELLOW

Follow up

- Medium or varying weight
- Medium-high frequency
- Partly strenuous working posture

GREEN

Acceptable level

- Low weight
- Low frequency
- Neutral working posture

Mark each task red, yellow or green

The color code makes it easy to spot patterns — if an entire workstation is full of red dots, that's where measures will have the greatest effect.



STEP 5 OF 7

The view from the floor — involve your employees

05

The mapping becomes stronger when you combine figures and assessments with your employees' experience. Those who do the job every day see things you miss in a walkthrough — and buy-in becomes crucial when you later want to implement changes.

Questions to ask

- Which tasks do you find heaviest in your day-to-day work?
- Where in your body do you feel most tired after a shift?
- Are there tasks where you already "compensate" — team up, avoid lifts, take extra breaks?

> **Note the answers next to each task on your list**
>
> They often confirm what you've already seen — but sometimes they reveal "hidden" problems that don't show in the figures. This step is also key for buy-in ahead of the next phase.





STEP 6 OF 7

Think solutions — not perfection

You now have a list of all tasks, a risk assessment (red/yellow/green) and your employees' perspective. Start with the red tasks and consider which measures are reasonable.

Lifting aids

+ Vacuum lifters
+ Crane or hoist solutions
+ Lifting trolleys and roller conveyors
+ Manipulators and balancers

Changed layout

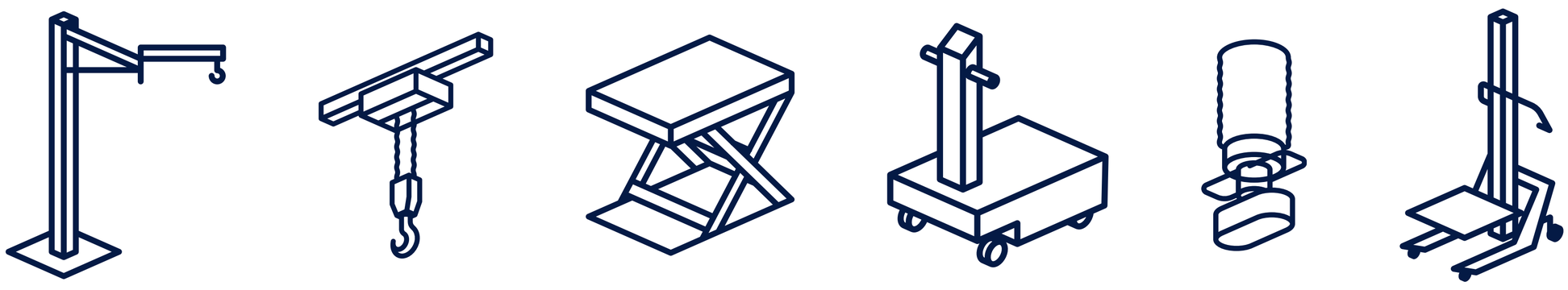
+ **Place** material at a better height
+ **Move** pallet locations or workbenches closer to the station
+ **Create** more space around critical tasks

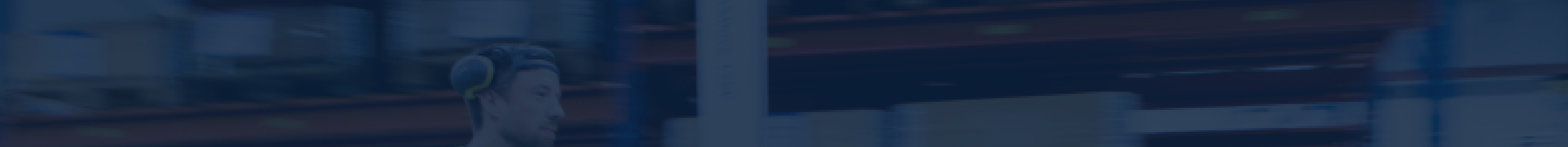
Change the division of work

+ **Spread** heavy tasks across more people
+ **Alternate** heavy and light tasks during the shift
+ **Rotate** staffing at high-risk stations

The goal isn't to find the perfect solution right away

It's enough to see clearly: "This is a red task — we need to do something here." The exact solution can come in the next round.





STEP 7 OF 7

Focus where the impact is greatest — prioritize and plan

07

Finish the mapping with a simple prioritization. The result should be a clear action list — not just a description of the problem.

Three questions to answer

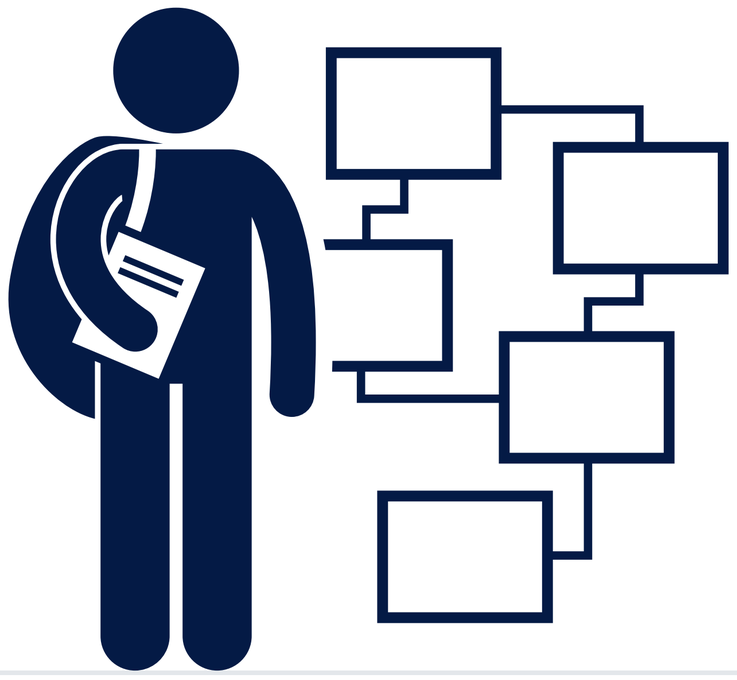
- Which 3–5 red tasks will you tackle first?
- Which measures can you take in the short term?
- Which require larger investment or rebuilding and need to be planned for the longer term?

Rank based on

- Strain on employees
- Impact on flow and capacity
- Impact on safety and well-being at work

When you’re done, you have a map — and an action list

A perfect basis for discussing improvements internally with management, or with an external partner like Pronomic. Turn the page to fill in your own.



WORKSHEET

Your mapping

Area:

Date:

Responsible:

#	TASK	WEIGHT	FREQUENCY	POSTURE	R / Y / G
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Top 3 to address first:

1. .....

2. .....

3. .....

NEXT STEP

Get help turning your mapping into concrete solutions

Mapping heavy lifts and risk factors is an important step — for both the work environment and efficiency. But you don’t have to make the whole journey on your own.

WE CAN HELP YOU

- Go through your mapping step by step
- Discuss possible solutions for your red-marked tasks
- Combine ergonomics, safety and efficiency in one cohesive flow

WANT A SOUNDING BOARD?

- Book a short review with one of our specialists
- Or send us your summary and we’ll get back to you with concrete proposals

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Smart moves for safe work