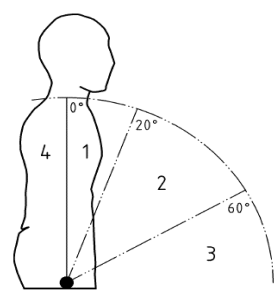
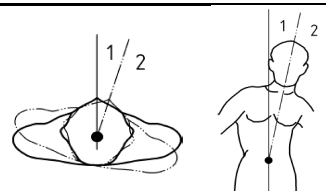
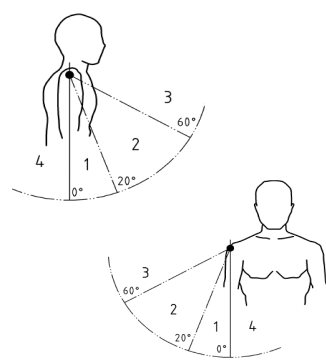
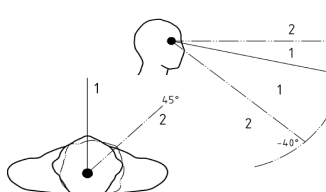


## Grenswaarden dynamische bewegingen (<4s)

			1-4u	>4u	
Rompbuiging	0-20°	alle			
	20-60°	< 1x/min			
		≥1-2x/min			
		≥2-4x/min			
		≥4x/min			
	>60°	≥ 0,5x/min			
		≥0,5-1x/min			
		≥1-2x/min			
		≥2x/min			

			1-4u	>4u	
Romptorsie	0-10°	alle			
	>10°	< 1x/min			
		≥1-2x/min			
		≥2-4x/min			
	≥4x/min				

			1-4u	>4u	
Schouderbuiging (voorw/zijw)	0-20°	alle			
	20-60°	< 1x/min			
		≥1-2x/min			
		≥2-4x/min			
		≥4x/min			
	>60°	≥ 0,5x/min			
		≥0,5-1x/min			
		≥1-2x/min			
		≥2x/min			

			1-4u	>4u	
Nekbuiging	<40°	alle			
	>40°	< 1x/min			
		≥1-2x/min			
		≥2-4x/min			
	≥4x/min				

			1-4u	>4u	
Benen	sta/zit	alle			
	knielen	< 1x/min			
		≥1-2x/min			
		≥2-4x/min			
	≥4x/min				

## Grenswaarden statische houdingen (>4s)

		groen	geel	rood
Rompbuiging	0-20°	8:00	-	-
	20-60°	<00:33:00	0:34-1:36	>01:36
	>60°	<00:09:00	0:08-1:36	>01:36
Romptorsie	0-10°	<08:00:00	-	-
	>10°	<00:33:00	0:34-1:36	>01:36
Schouderbuiging (voorw/zijw)	0-20°	8:00	-	-
	20-60°	<00:25:00	0:25-1:36	>01:36
	>60°	<00:09:00	0:08-1:36	>01:36
Nekbuiging	0-25°	8:00	-	-
	>25°	<01:05	1:05-1:36	>1:36
Nektorsie/zijw	0-10°	8:00	-	-
	>10°	<01:05	1:05-1:36	>1:36
Benen	sta/zit	8:00	-	-
	knielen	<00:25	00:25-01:36	>01:36
	buigen	<00:25	00:25-01:36	>01:36
<b>Elleboog</b>				
- pronatie	0-45°	8:00	-	-
	>45°	<02:00	2:00	>02:00
- supinatie	0-30°	8:00	-	-
	>30°	<02:00	2:00	>02:00
- buiging	>75°	8:00	-	-
- gestrekt	0°	<02:00	2:00	>02:00
<b>Pols/hand</b>				
- buigen/strekken	0-45°	8:00	-	-
	>45°	<02:00	2:00	>02:00
- naar pink	0-15°	8:00	-	-
	>15°	<02:00	2:00	>02:00
- naar duim	0-10°	8:00	-	-
	>10°	<02:00	2:00	>02:00

Bron: Handboek Fysieke Belasting