

### Height of Average Adult

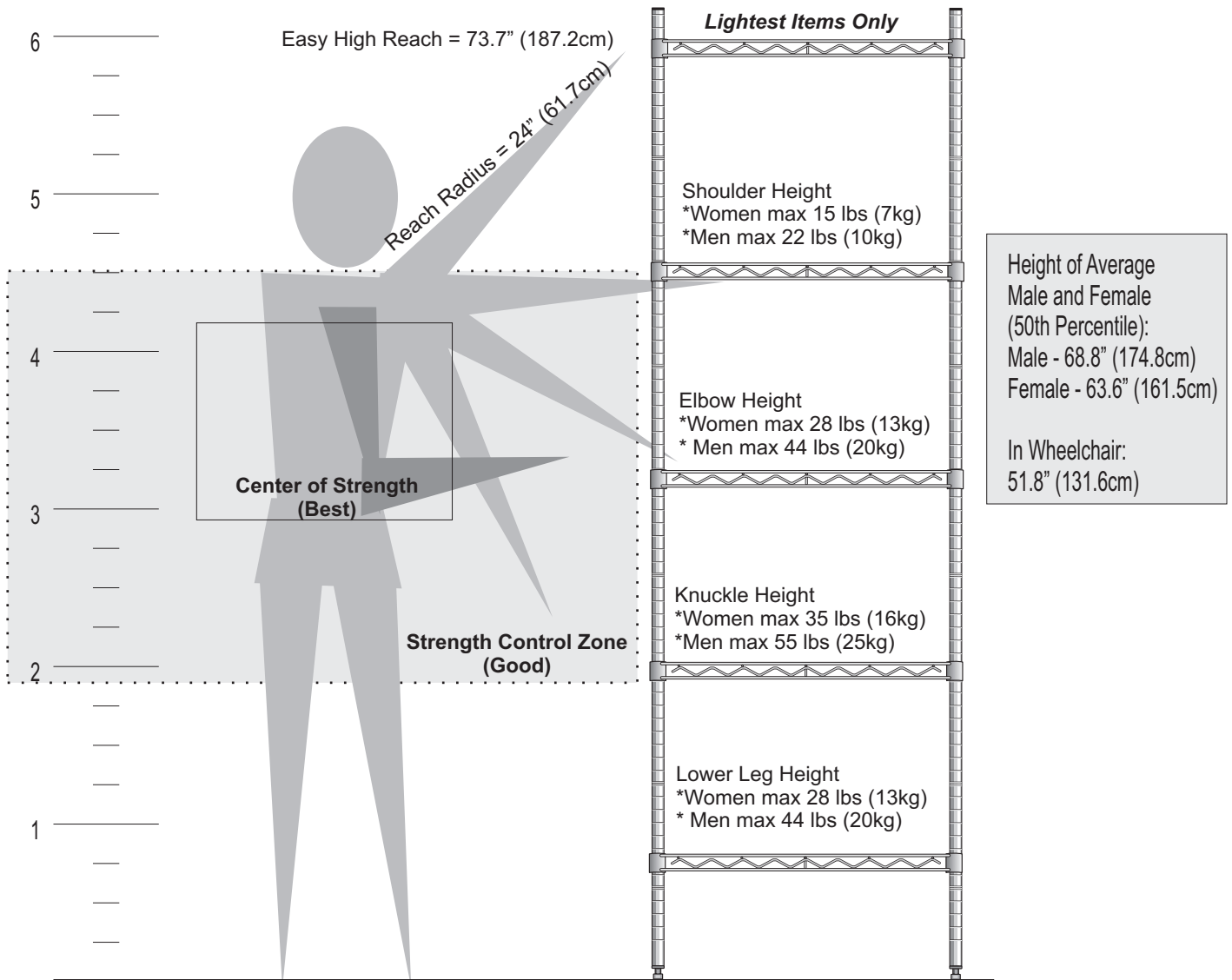
(considering both Male and Female together) = 66.2" (168.1cm)

### Center of Strength:

- Center of Chest to slightly below waist
- Center of strength based on the arm bent at 90 degrees

### Strength Control Zone:

- Top of the Shoulder to Mid Finger when arm is extended straight



\* NOTE - Weights are guidelines only. Source: <http://osha.europa.eu> and page 8 of <http://www.cdc.gov/niosh/94-110.html>.

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