

Body Mass Index (BMI), which categorizes body weight, can be helpful in placing employees in the proper position. Some overweight conditions can result in more serious accidents from falling or lifting. Diabetes and High Blood Pressure, which are more prominent in overweight conditions, can affect the healing process. The overweight problem increases each year. Most people have to work to provide for themselves and their family, but everyone needs to be in a position where they can safely perform their job functions.

Follow the steps below to calculate your BMI:

Step 1. Take your weight in pounds x 703

Step 2. Divide that number by your height in inches

Step 3. Divide that number by your height in inches again

Example: Person who is 5'5" and weighs 150 pounds

Step 1. $150 \text{ lb.} \times 703 = 105,450$

Step 2. $105,450 / 65'' = 1622$

Step 3. $1622 / 65'' = 24.95$

BMI Standards

Underweight	< 18.5
Healthy Weight	18.5 – 24.9
Overweight	25.0 – 34.9
Obese	30.0 +