

MTM ASSOCIATION e. V.
Elbchaussee 352, D-22609 Hamburg
Telefon: +49 40 822779-0
Telefax: +49 40 822779-79
contact@mtm.org



MTM-MEK Basic Operations

Time Units			
TMU	seconds	minutes	hours
1	0.036	0.0006	0.00001
27.8	1		
1,666.7		1	
100 000			1

Use of these table values without training in MTM-1 and
MTM-MEK will lead to erroneous results.

© MTM ASSOCIATION e. V., 1978
Protected by Copyright! – Reprint not permitted!

Distances in cm	≤ 20	> 20 to ≤ 80	> 80 to ≤ 200	≤ 200 with bend
Distance Class	1	3	4	5

Get and Place		Code	1	3	4	5
			TMU			
not bulky, ≤ 8 kg	approx.	AA	30	50	120	150
	exact	AB	50	90	160	190
bulky and/or > 8 - 22 kg	approx.	AC		150	220	250
	exact	AD		190	260	290

Place	Code	1	3	4	5
		TMU			
approximate	PA	20	30	40	70
exact	PB	40	50	60	90

Handle Tool	Code	1	3	4	5
		TMU			
approximate	HA		70	140	170
exact	HB		100	160	190

Operate	Code	1	3	4	5
		TMU			
single	BA	20	30	50	110
compound	BB	40	50	70	130

Motion Cycles		Code	TMU
without reposition (motion length in cm)	≤ 10	ZA	10
	> 10 - ≤ 30	ZB	20
	> 30 - ≤ 80	ZC	40
with reposition (lever length in cm)	≤ 20	ZD	40
	> 20 - ≤ 45	ZE	60
	> 45 - ≤ 100	ZF	120
tighten or loosen		ZZ	30

Body Motions	Code	TMU
walk / m	KA	25
bend, stoop, kneel (incl. arise)	KB	60
sit and stand	KC	110

Visual Control	VA	40
----------------	----	----