

Comro Reference Report No. 11 1991 addresses the mean metabolic rate of different work categories:

Moderately high intensity

>120-180W/m²

Hard work

>181-240W/m²

Very hard work

>240W/m²

Work Category	Mean Weight (kg)	Mean Height (cm)	Mean Age(y)	BMI Kg/m ²	REI* (moderate activity) kJ Factor 1.6	REI (heavy activity) kJ Factor 2	Energy Requirement (Harris Benedict equation) kJ #
Stoper	80,70	175,47	34,92	26.9	12197.6	15247.0	13736.06
Developing Team	63,62	168,85	30,92	22.4	10838.1	13582.7	11918.26
Stope Team	64,20	168,64	30,07	22.8	10911.1	13639.2	12012.8
Miner Assistant	63,36	163,17	27,59	23.8	10845.9	13549.2	11846.3
Cleaning Team (Night Shift)	65,63	169	32,32	23	11022.9	13776.0	12054.6
Loader Driver	64,93	166,59	32,59	23.4	10968.3	13708.8	11882.1
Winch Driver	64,68	163,88	31,69	24	10948.8	13683.0	11801.2
Driller	66,74	168,02	35,76	23.6	11104.0	13885.0	11962.9
Drill Assistant	64,62	166,48	32,92	23.3	10936.0	13675.0	11827.6
Latest Report (GF) Actual	73	170	40.3	25.3	11592.0	14496.7	12451.3
Latest Report (Av)	70.7	167	40	25.1	11415.0	14272.6	(8960/8755) 12118.7

*REI =Recommended Energy Intake

*REE = Recommended Energy Expenditure.

*Harris Benedict Equation is used in verification