

Manipulación manual de cargas

EL LEVANTAMIENTO

01. Sitúa la carga cerca del cuerpo
02. Usa el agarre palmar
03. Utiliza la fuerza de tus piernas
04. Mantén brazos y codos pegados al cuerpo
05. Mantén un buen equilibrio



Disco intervertebral durante una manipulación correcta



El equilibrio

Carga de modo simétrico

La gravedad

Aprovecha la tendencia a la caída



El impulso

Aprovecha el movimiento ascensional



La elasticidad

Aprovecha la elasticidad de los objetos



El trabajo en equipo

Recurre a la ayuda de tus compañeros

El apoyo

Apóyate sobre una mano para mantener el equilibrio



El empuje

Aprovecha el peso del cuerpo

Manual En Volvo85

K Morrison



Manual En Volvo85:

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