

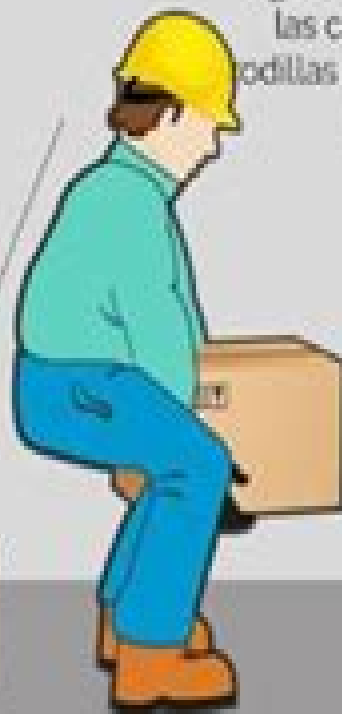
PASO 1

Ubíquese de frente y cerca de la carga, con los pies separados y formando un ángulo. Con el pie dominante ligeramente adelante



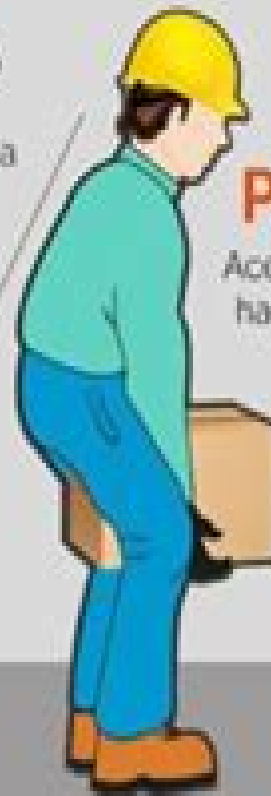
PASO 2

Agáchese doblando las caderas y las rodillas con la espalda recta



PASO 3

Acerque la carga hacia el cuerpo



PASO 4

Muévase despacio, agarre la carga con toda la mano (evitar agarres en donde solo se utilizan los dedos) y de forma estable.



Levantamiento Manual De Cargas

Diego González Maestre

A red circular graphic element, resembling a stylized arrow or a partial circle, is positioned to the right of the author's name.

Levantamiento Manual De Cargas:

Manejo de cargas Luis María Azcuénaga Linaza, 2007 El manejo de materiales tanto de forma manual o mediante la utilización de medios mecánicos tales como grúas, carretillas industriales, cintas transportadoras, etc. y los medios auxiliares a utilizar en las distintas actividades relacionadas con la producción, traslado y almacenaje es una labor cotidiana en casi todo tipo de industria. Los riesgos que entrañan este tipo de trabajos producen un gran número de accidentes que son evitables por medio de su adecuado conocimiento, evaluación y de las medidas preventivas correspondientes. La Ley de Prevención de Riesgos Laborales Ley 31/095 obliga a los empresarios a proporcionar la formación teórica y práctica suficiente y adecuada en materia preventiva relacionada con el puesto de trabajo que cada trabajador debe desempeñar. Este manual que contempla la normativa vigente trata de recopilar información dispersa existente y la experiencia del autor sobre la manipulación manual y los diferentes equipos mecánicos: puente grúa, grúa móvil, grúa torre, carretillas elevadoras, además de los elementos auxiliares utilizados en casi todos los movimientos de cargas. Pretende ayudar tanto a directores de fábrica, mandos directos, técnicos en PRL y trabajadores por medio de unas orientaciones prácticas para la seguridad personal y de los equipos utilizados. Índice 1 Siniestralidad y Normativa Legal 2 Manipulación Manual de Cargas 3 Puentes Grúa 4 Grúa Móvil 5 Grúas Torre 6 Elementos Auxiliares 7 Carretillas Elevadoras 8 Plataformas Elevadoras 9 Equipos Transportadores Guía Práctica Para la Prevención de Riesgos Laborales, Manual para la formación del auditor en prevención de riesgos laborales. Aplicaciones y casos prácticos, 2006 *Coordinadores de seguridad y salud en el sector de la construcción*, 2005 **Manual. Manipulación de cargas con carretillas elevadoras (Transversal: MF0432_1). Certificados de profesionalidad** Editorial CEP, 2016-06-17 Manipulación de cargas con carretillas elevadoras MF0432_1 es uno de los módulos formativos transversales perteneciente a distintos Certificados de Profesionalidad. Este manual sigue fielmente el índice de contenidos publicado en el Real Decreto que lo regula. Se trata de un material dirigido a favorecer el aprendizaje teórico-práctico que resultará de gran utilidad para la impartición de los cursos organizados por el centro acreditado. Los contenidos se han desarrollado siguiendo esta estructura: Ficha técnica, Objetivos generales y específicos, Desarrollo teórico, Ejercicios prácticos con soluciones, Resumen por tema, Glosario de términos, Bibliografía, Referencias legislativas. *CUESTIONARIOS AUTOEVALUACIÓN 2a ED* Y José María Cortés Díaz, 2005 Ergonomía y psicología, Diego González Maestre, 2007, **Estudio ergonómico** Carolina Cruz Solís, 2014 El presente trabajo se ha realizado en BODEGAS RIERA S.A. dedicada a la facturación de botellas y lotes de vinos. La introducción de nuevas tecnologías para el desarrimado de botellas en la empresa ha dado lugar a la realización de una evaluación específica de riesgos laborales en los puestos de trabajo de la sección de la LÍNEA DE ESPECIALES. Se ha identificado un posible riesgo por factores ergonómicos en la manipulación manual de cargas por lo que se ha planificado esta valoración específica con la finalidad de determinar eficazmente en su caso recomendaciones para la disminución de posibles patologías derivadas de sobreesfuerzos. El levantamiento, manejo y transporte de cargas está asociado

a una incidencia de alteraciones de la salud que afectan a la espalda En el mbito de la empresa la informaci n y el adiestramiento de las personas en las t cnicas de la manutenci n de cargas es uno de los aspectos fundamentales de la prevenci n del dolor de espalda Lo que se intenta con este estudio es valorar el ndice de levantamiento compuesto de carga y observar si esta dentro de los valores ptimos o si por el contrario ser a necesario establecer alguna medida correctora

Publications United States. Department of State. Central Translating Office, **Manual para la formación de técnicos de prevención de riesgos laborales** José Avelino Espeso Santiago,2002 *La Gaceta* Honduras,1982 **Guía de prevención de riesgos laborales** ,2006 *Diario de Centro América* ,1983 **Código de prevención de riesgos laborales** Genaro Gómez Etxebarría,2003 **Ley de prevención de riesgos laborales** España,Jon Barrenechea Suso,2006 **Boletín judicial** ,1969 **Código de la mujer** Spain,Carmen Pujol Algans,1992 El objetivo de este trabajo ha sido incluir en un solo volumen la normativa vigente que incide ms en la vida de las mujeres obviando as la dificultad que supone su localizacin consulta y uso por separado Pretende ser una herramienta t il para los colectivos con actividades relacionadas con las mujeres tanto desde el punto de vista de la investigacin como de la prc tica jurd ica o del trabajo social **Trámite parlamentario** Argentina. Congreso de la Nación. Cámara de Diputados de la Nación. Secretaría Parlamentaria. Mesa de Entradas,1999 **Boletín de las sesiones** Chile. Congreso Nacional. Senado,1969

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