Manual Material Handling

Five activities of manual material handling

Lift / lower

Push / pull

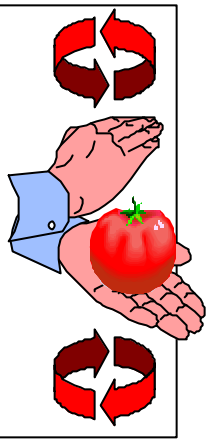
Twist

Carry

Hold

Never lift and twist at the waist!

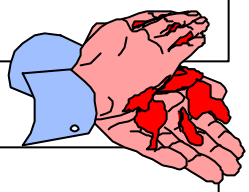
Turn with your feet, not your waist.



Imagine placing a tomato between the palms of your hands and applying pressure with both hands. It is well within your abilities to apply enough force to cause the tomato to burst.

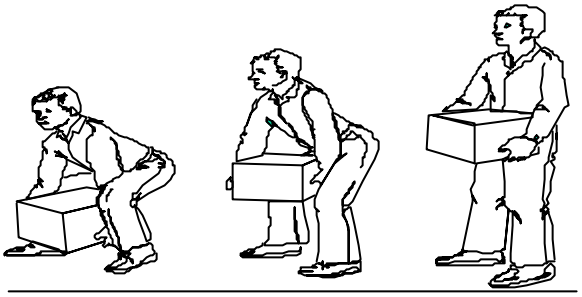
Now imagine using another tomato and apply force while at the same time twisting your hands is opposite directions. The tomato would burst under much less force.

The results would be similar but the latter example would happen more quickly and with less warning.



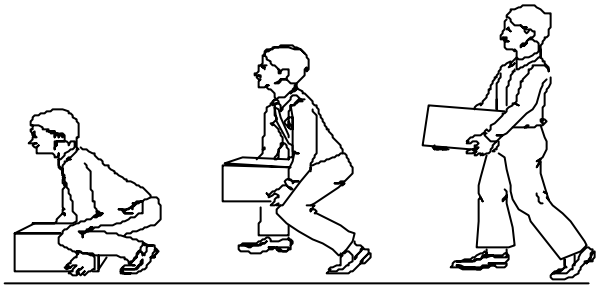
Two correct lifting methods

The Power Lift



Partial squat, head up, back arched, feet spread one foot ahead as you lift.

The Diagonal Lift

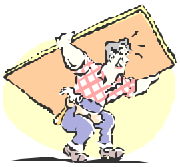


Squat, head up, back arched, feet spread one foot ahead as you lift.

Adapted from: The Saunders Group Inc., 4250 Norex Drive, Chaska, MN 55318

Manipulación Manual de Cargas

Cinco actividades en la manipulación de cargas



Elevar / bajar

Empujar / jalar

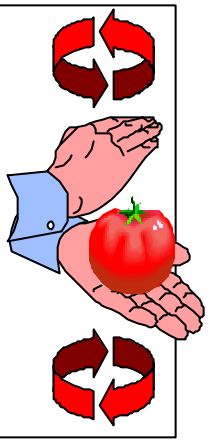
Girar

Cargar

Sujetar

Nunca levante y gire la cintura!

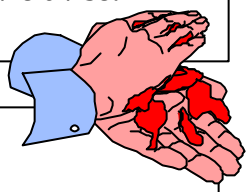
Voltéese con los pies, no con la cintura.



Imagínese un jitomate entre las palmas de sus manos y presione con las dos manos. Esta fácilmente dentro de su fuerza aplastar el jitomate.

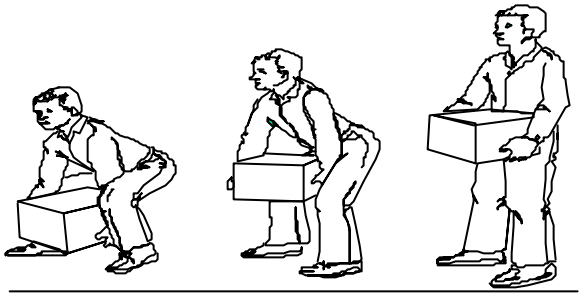
Ahora imagínese otro jitomate entre las palmas de sus manos y mientras presiona, gire sus manos en direcciones opuestas. El jitomate se aplastaría con mucho menos fuerza.

Los resultados son similares pero en el segundo ejemplo, el resultado sucederá más rápido y con menos previo aviso.



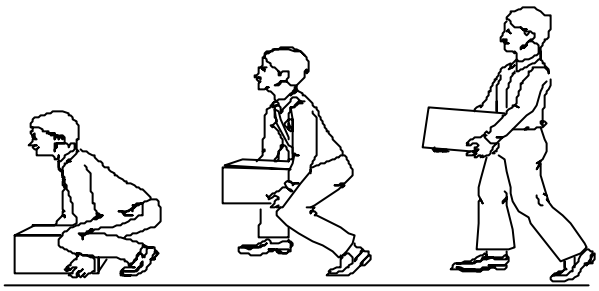
Dos métodos correctos de levantar

El levantamiento de potencia



Póngase casi en cuclillas, cabeza derecha, espalda en arco, pies separados, un pie adelante del otro al hacer el levantamiento.

El levantamiento en diagonal



Póngase en cuclillas, cabeza derecha, espalda en arco, pies separados, un pie adelante del otro al hacer el levantamiento.

Adaptado de: The Saunders Group Inc., 4250 Norex Drive, Chaska, MN 55318