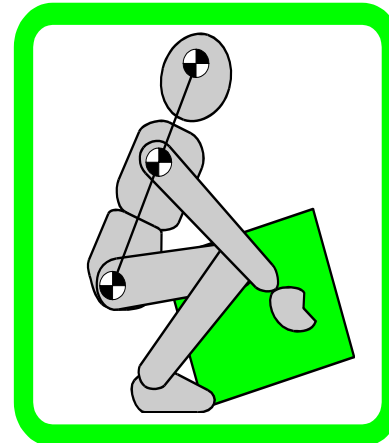
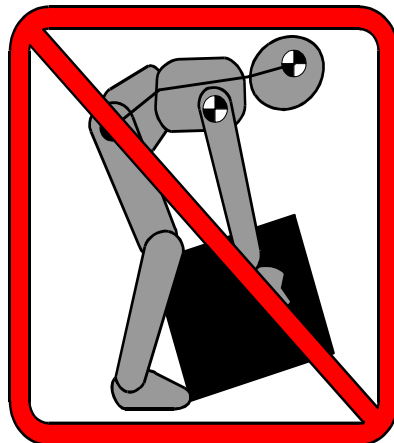


MANUAL MATERIAL HANDLING

MANIPULACION MANUAL DE CARGAS



Welcome!

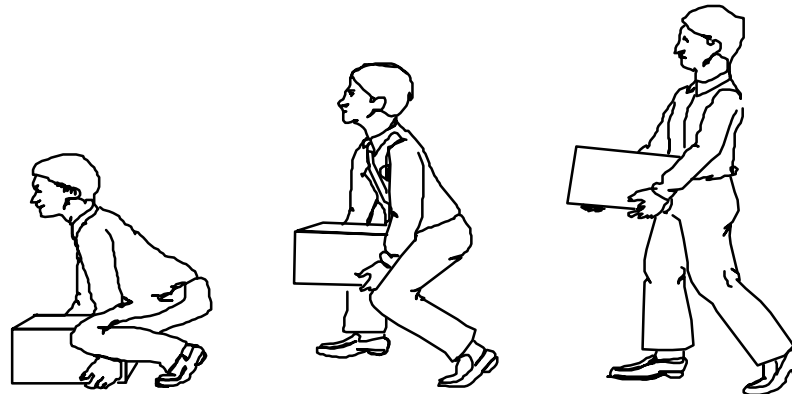
¡Bienvenidos!

The reason

La razón

The goal

La meta



The most common injuries and illnesses

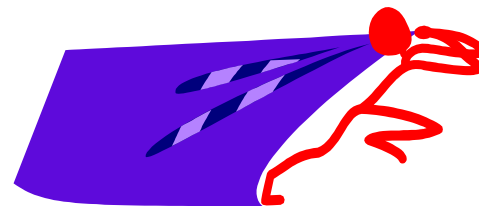
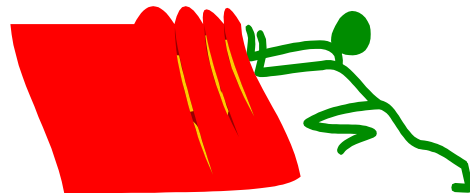
Las lesiones y enfermedades más comunes



The most common actions



Las acciones más comunes



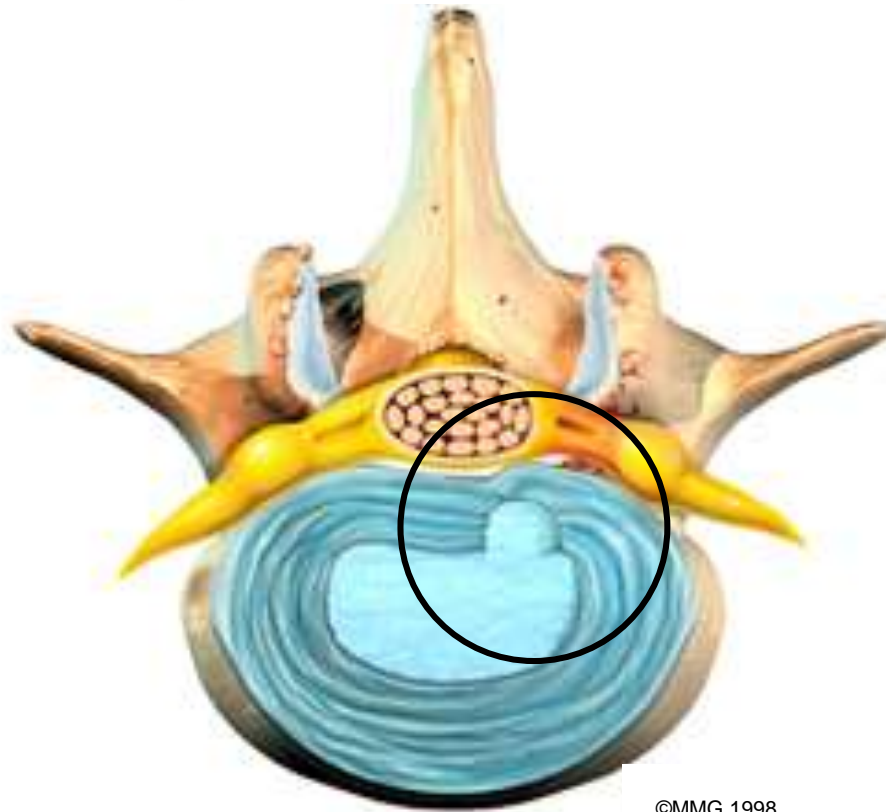
The spine



La columna

**Compression
pain**

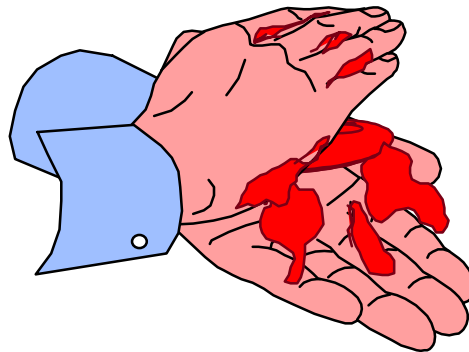
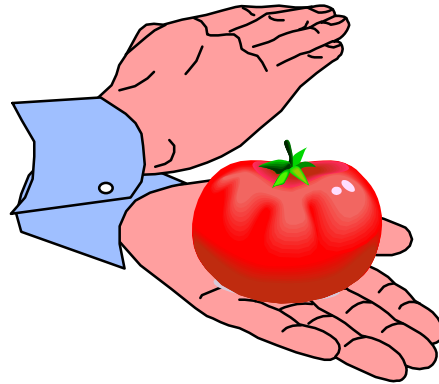
**Dolor por
compresión**



©MMG 1998

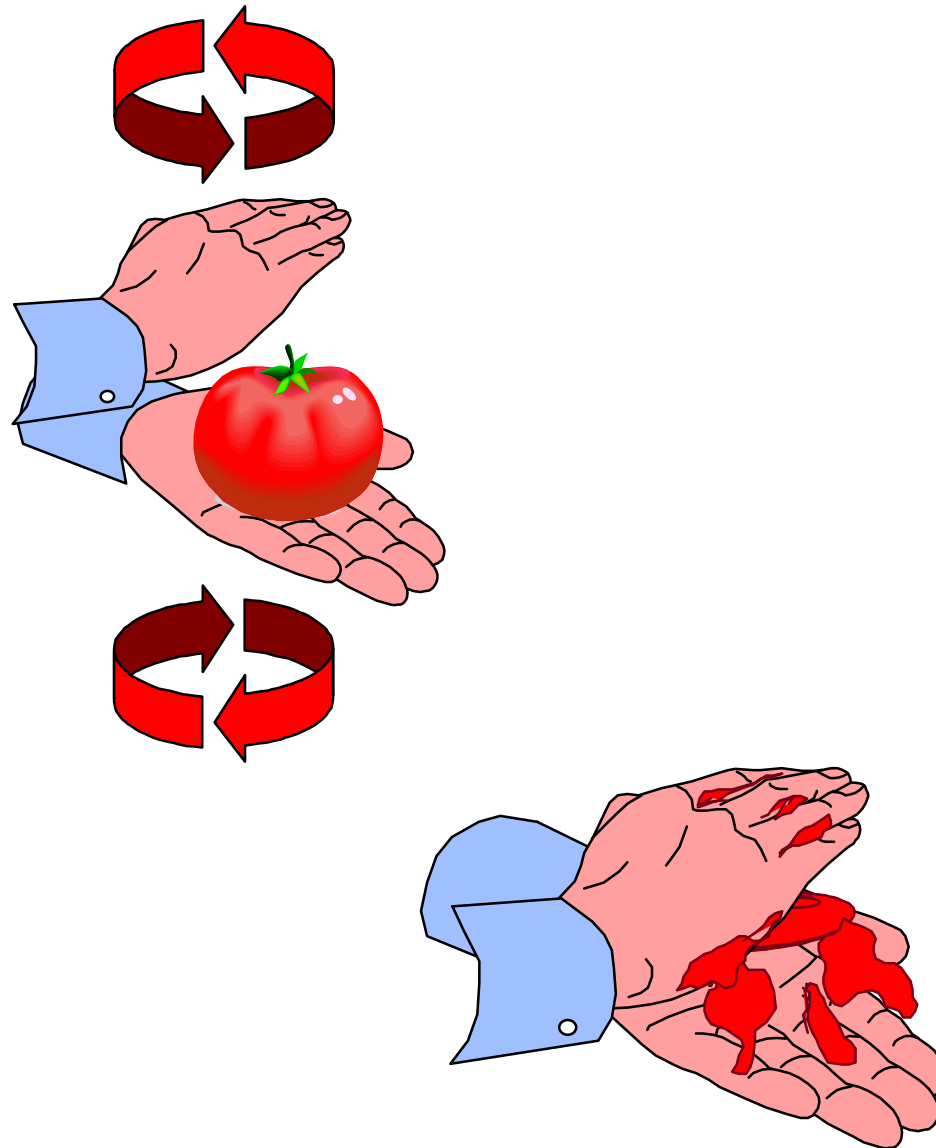
**Never lift and twist
at the waist!**

**¡Nunca levante y
gire la cintura!**



**Never lift and twist
at the waist!**

**¡Nunca levante y
gire la cintura!**

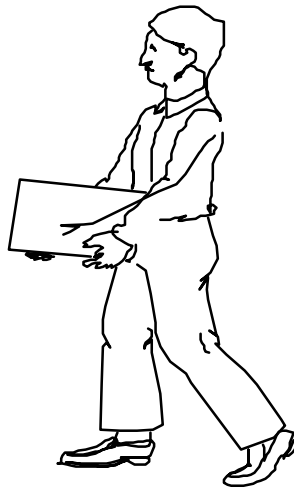
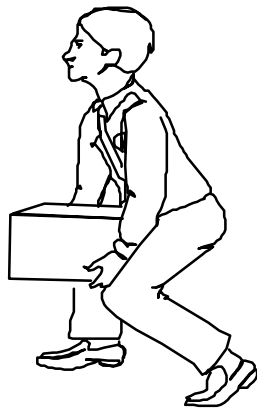
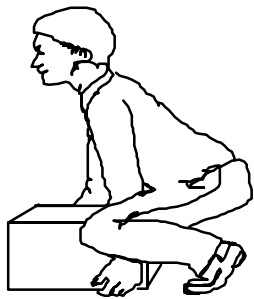


5 activities of manual material handling

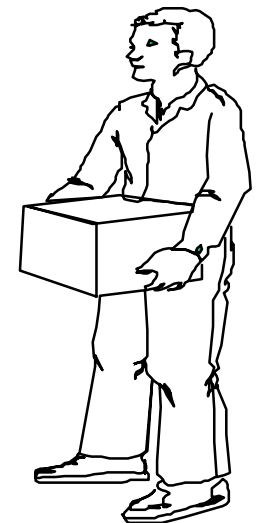
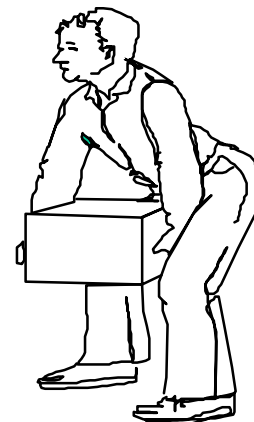
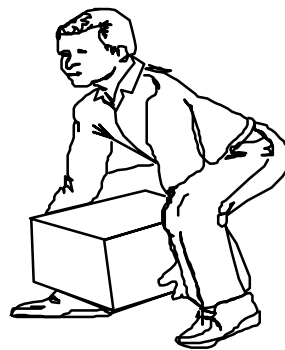
5 actividades en la manipulación de cargas



2 correct lifting methods



2 métodos correctos de levantar



Practice

Práctica



Thank you!

¡Gracias!