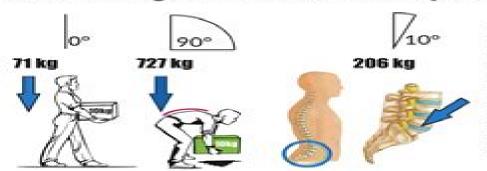
10 SAFETY LIFTING RULES

good practice for handling of loads

Basics

- Naučíme se 3 možnosti zvedání břemen.
- Vyhodnotíme rizika a určíme si hmotnost břemene.
- Naplánujeme si opatření a cestu, iak budeme manipulovat.
- Zaujmeme pevné postavení a snížíme si těžiště.
- Pokrčujeme kolena, kdykoliv to jen ide.
- Držíme břemeno, co nejblíže tělu.
- Nikdy nepřidáváme rotací trupu.
- · Známe své limity.
- Použíjeme manipulační techniku a pomoc, kdykoliv to je možné.
- Vždy tlačime, táhneme jen pokud to je nutně.

Risks - leverage on the lumbar vertebra plate



Ploténka bedemích obratlů je velmí zatížena při předklonu trupu, proto nikdy takto nezvedáme.

Ještě větší riziko nastává při současné rotaci trupu. Proto se otáčejte celým tělem.





První technika je známá jako výpad. Tato technika nasunutí břemene do úrovně pasu z výpadu je vhodná zejměna pro ženy. Muž ji ocení při zvedání pytlů s cementém a neforemných předmětů. Břemeno pak držíme u pasu.



Druhá technika zvedání břemene z podřepu s rovnými zády za použití nohou je velmi bezpečná. Dobře obkročte břemeno, zvedněte bradu a pro zvednutí zapojte svaly stehen. Záda jsou po celou dobu pohybu zcela rovná.



Nejobtížnější na správné provedení je tzv. mrtvý tah. Nejlépe jej natrénujete s trénérem ve fitku. Váha je na patách, záda jsou v bedrech prohnutá, bradu tlačime nahoru. Zpevníme břícho a střed těla a břemeno zvedneme. Ruce při zdvíhu isou kolmo k zemí.

Hygienic limits



limit	man	woman	
functional blemene pill obdannim predání	50 kg	20 kg	
Personned bremene pri Castern predded +30min	30 kg	15 kg	
Pursonned bremene get pesci v sedil	5 kg	3 kg	
celusiménous femotinent přemětemých břemen	10 t	6,51	

Ergonomy and pozition

	W-11 255 A			Branch Co.	CH COL
CB	10kg	Silve	/79	7kg	310
12	20kg	10kg	700	12kg	7kg
X	3	15kg	13	E)	10049
WA	20kg	100.0	WA.	12kg	Thu
WX X	1080	5kg	CLK	7NO	380

Osha Standards For Manual Lifting

Amarjit Singh

Osha Standards For Manual Lifting:

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