

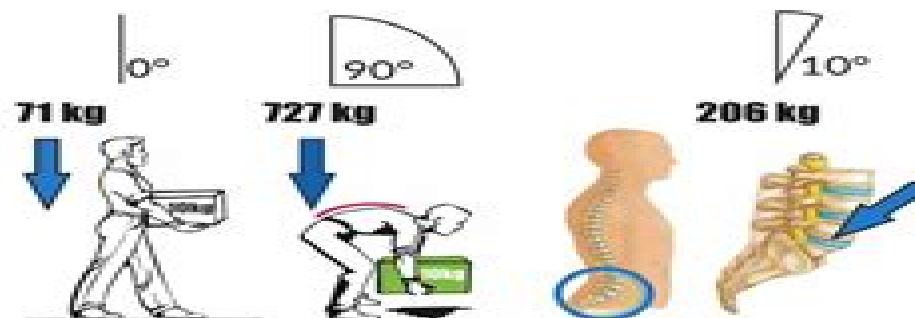
# 10 SAFETY LIFTING RULES

## 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, jak budeme manipulovat.
- Zaujmeme pevné postavení a snížíme si těžiště.
- Pokrčujeme kolena, kdykoliv to jen jde.
- Držíme břemeno, co nejbližší tělu.
- Nikdy nepřidáváme rotaci trupu.
- Známe své limity.
- Použijeme manipulační techniku a pomoc, kdykoliv to je možné.
- Vždy tlačíme, táhneme jen pokud to je nutné.

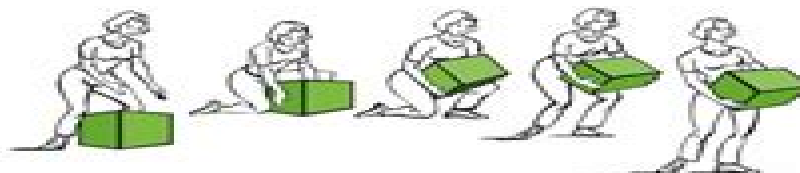
### Risks - leverage on the lumbar vertebra plate



Ploténka bederních obratlů je velmi zatížena při předklonu trupu, proto nikdy takto nezvedáme.

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

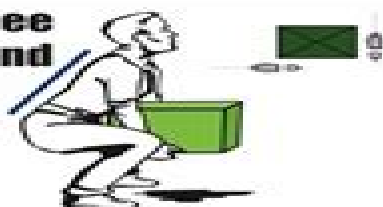
### Lunge



První technika je známá jako výpad. Tato technika nasunutí břemene do úrovně pasu z výpadu je vhodná zejména pro ženy. Muž ji ocení při zvedání pytlů s cementem a neforemných předmětů.

Břemeno pak držíme u pasu.

### Knee bend



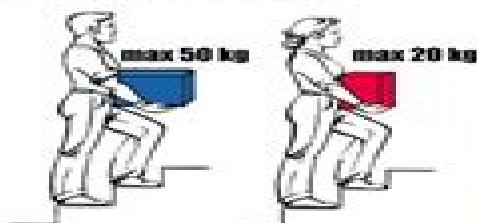
Druhá technika zvedání břemene z podřepu s rovnými zády za použití nohou je velmi bezpečná. Dobře obkročte břemeno, zvedněte bradu a pro zvednutí zapojte svaly stehien. Záda jsou po celou dobu pohybu zcela rovná.

### Deadlift



Nejobtížnější na správné provedení je tzv. mrtvý tah. Nejlépe jej natrénujete s trénerem ve fitku. Váha je na patách, záda jsou v bedrech prohnutá, bradu tlačíme nahoru. Zpevníme břicho a střed těla a břemeno zvedneme. Ruce při zdvihu jsou kolmo k zemi.

### Hygienic limits



limit	man	woman
hmotnost břemene při obousměrném zvedání	50 kg	20 kg
hmotnost břemene při častém zvedání >30min	30 kg	15 kg
hmotnost břemene při práci v sedě	5 kg	3 kg
celosoučinná hmotnost předmětů zvedaných	10 t	6,5 t

### Ergonomy and position



# Osha Standards For Manual Lifting

**Ginsberg, Martin, Kelley**



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