

多数的后背拉伤是由于不正确的举起方式而导致。肌肉拉伤是由于肌肉的无力而导致肌肉过度拉伸或撕裂。另一方面，当骨骼之间的纤维组织被拉伸或撕裂时，就会发生韧带扭伤。



合适的搬运技巧 ①

- 充足的支撑。两脚分开与肩同宽，一只脚稍微向前。
- 蹲下，只弯曲臀部和膝盖。如果需要，将一只膝盖放在地上，另一只膝盖放在前面，弯曲成直角(半跪)。
- 保持良好的姿势。直视前方，保持背部挺直，挺胸，直肩。这有助于保持你的上背挺直，同时在你的下背有一个轻微的弓形。
- 通过直立你的臀部和膝盖（而非后背），缓慢提高物体，保持背部的挺直，水平提升物体。
- 把重物放在离你身体越近越好的地方，在腹部的高度。用你的脚（非腰部）来改变方向，小步前进。
- 当你改变方向时，用你的臀部引导。当你移动时，保持你的肩膀和你的臀部在一条直线上。
- 小心地放下你的负重，只用膝盖和臀部蹲下（非弯腰）
- 记住：
 - 不要试图弯腰提起物体。弯曲你的臀部和膝盖，蹲下来，让物体尽可能靠近你的身体，用大腿的力量站起来抬起物体。
 - 不要将重物举过肩膀
 - 举起或持有重物时，避免转动或扭转身体

Safety Moment



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The majority of injuries caused by improper lifting techniques happen in the lower back. A muscle strain occurs when weak muscles have been overstretched or torn. A ligament sprain, on the other hand, occurs when the fibrous tissue between bones has been stretched or torn.



Proper Lifting Techniques①

- Keep a wide base of support. Your feet should be shoulder-width apart, with one foot slightly ahead of the other.
- Squat down, bending at the hips and knees only. If needed, put one knee to the floor and your other knee in front of you, bent at a right angle (half kneeling).
- Keep good posture. Look straight ahead, and keep your back straight, your chest out, and your shoulders back. This helps keep your upper back straight while having a slight arch in your lower back.
- Slowly lift by straightening your hips and knees (not your back). Keep your back straight, and don't twist as you lift.
- Hold the load as close to your body as possible, at the level of your belly button.
- Use your feet to change direction, taking small steps.
- Lead with your hips as you change direction. Keep your shoulders in line with your hips as you move.
- Set down your load carefully, squatting with the knees and hips only.
- Keep in mind:
- Do not attempt to lift by bending forward. Bend your hips and knees to squat down to your load, keep it close to your body, and straighten your legs to lift.
- Never lift a heavy object above shoulder level.
- Avoid turning or twisting your body while lifting or holding a heavy object.