## 安全时刻



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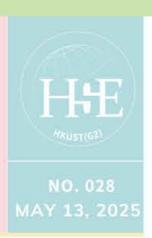
多数的后背拉伤是由于不正确的举起方式而导致。肌肉拉伤是由于肌肉的无力而导致肌肉过度 拉伸或撕裂。另一方面,当骨骼之间的纤维组织 被拉伸或撕裂时,就会发生韧带扭伤。



## 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



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 Techniques(1)

- 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.