

合适的搬运技巧 ②



- 当需要搬运的物体过重或过大，亦或是由于物体的形状导致一个人搬运困难时，我们可以采用2人/组的搬运方式（优先考虑合适的搬运工具）。
- 双人搬运需确保两人的协作性，否则他/她们可能会因不当的搬运方式导致自身受伤。当提起物体的时候，两人应保持相同的高度。
- 双人搬运前应决定由哪位来作为指挥者指挥这个搬运过程。
- 当执行双人搬运时，保持膝盖微曲，背部挺直。
- 两个人应该同时举起物体，所以沟通是必不可少的。
- 两人步调一致，平衡移动。
- 你应该让物体保持水平而不是倾斜成一个斜。
- 当准备卸下物体时，和之前一样，确保你的膝盖保持微曲。
- 当上下楼梯时，相对高的那个人应当在下方。

Safety Moment



NO. 029
JUN 27, 2025

Proper Lifting Techniques②



- A two-person lift is used when it is necessary to carry an object that is above the weight limit or too large or has a shape that makes it difficult to handle by one person alone. (Ensure to prioritize the appropriate handling equipment)
- It is important that the two people involved on lifting an object work in unison, or they could be setting themselves up for injury. When lifting, the two people should also be about the same height.
- They need to decide in advance which person will take the lead in directing the movement.
- When performing a two-person lift, keep the knees bent and the back straight.
- The two people should lift and raise the load at the same time, so communication is essential.
- Try to move smoothly and as one as you negotiate your way to your destination.
- You should keep the object straight, rather than on an angle where possible.
- When unloading, you should do so together, ensuring that your knees remain bent.
- When going up or down stairs, the person who is the tallest should be at the bottom.