

05

RISCOS PROFISSIONAIS ASSOCIADOS À **MOVIMENTAÇÃO** **MANUAL DE CARGAS**

OCCUPATIONAL HAZARDS
ASSOCIATED WITH
MANUAL HANDLING

RISKUS PROFISIONAL ASOSIADU
A MOVIMENTASON DI KARGAS

ФАКТОРЫ РИСКА ПРИ РУЧНОМ
ПЕРЕДВИЖЕНИИ ГРУЗОВ

RISCURI PROFESIONALE
ASOCIATE DEPLASĂRIILOR
MANUALE DE GREUTĂȚI



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RISCOS PROFISSIONAIS
ASSOCIADOS À MOVIMENTAÇÃO
MANUAL DE CARGAS

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OCCUPATIONAL HAZARDS
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RISKUS PROFISIONAL ASOSIADU
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RISCURI PROFESIONALE
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MANUALE DE GREUTĂȚI

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EDITOR
Autoridade para as Condições do Trabalho [ACT]

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Henrique Cayatte Design
com Mónica Lameiro, Ana Teixeira
e Sara Ferreira

ILUSTRAÇÃO
Anyforms
(excepto capa)

IMPRESSÃO
Palmigráfica

TIRAGEM
7500 exemplares

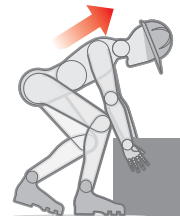
Junho 2008

RISCOS PROFISSIONAIS ASSOCIADOS À **MOVIMENTAÇÃO MANUAL DE CARGAS**

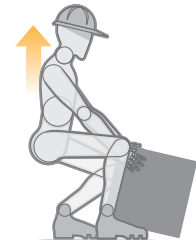
Levantar e transportar cargas pode causar danos graves, tais como, dores nas costas, roturas musculares, entorses e mesmo lesões na coluna.

Para levantar e transportar cargas:

INCORRECTO

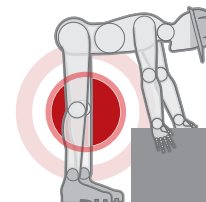


CORRECTO

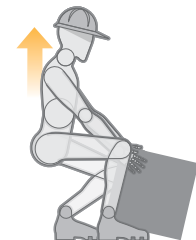


Mantenha as costas direitas

INCORRECTO

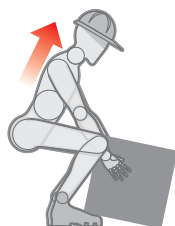


CORRECTO



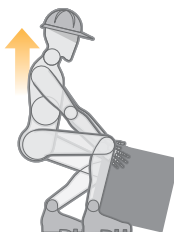
Faça a flexão das pernas dobrando os joelhos

INCORRECTO

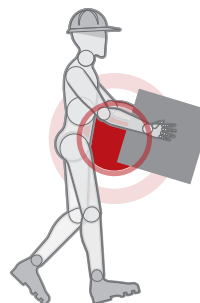


Mantenha um bom equilíbrio

CORRECTO

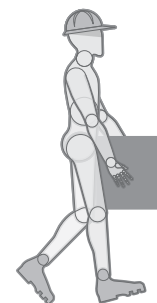


INCORRECTO

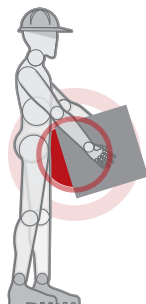


Levante e transporte a carga com os braços estendidos e junto ao corpo

CORRECTO

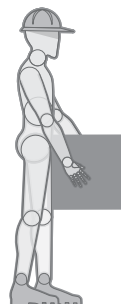


INCORRECTO

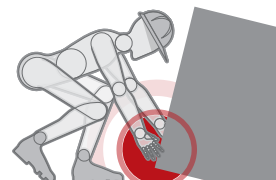


Aproxime a carga o mais possível do corpo

CORRECTO

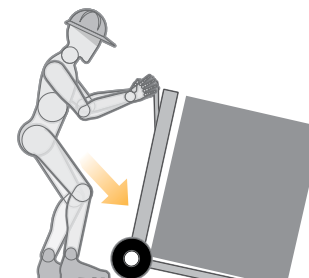


INCORRECTO

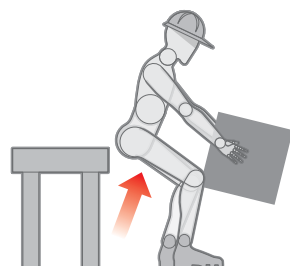


Aproveite o peso do corpo para empurrar ou deslocar objectos

CORRECTO

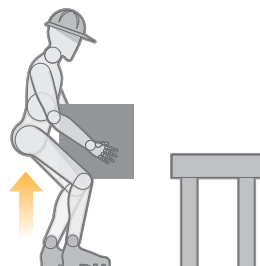


INCORRECTO

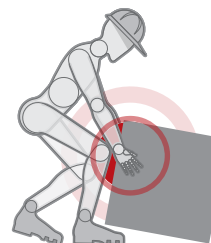


Posicione correctamente os pés para orientar a carga

CORRECTO

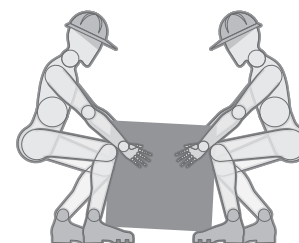


INCORRECTO



Peça ajuda a um companheiro para levantar e transportar uma carga pesada

CORRECTO



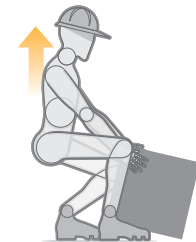
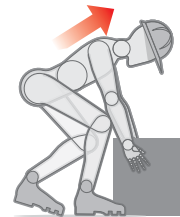
OCCUPATIONAL HAZARDS ASSOCIATED WITH **MANUAL HANDLING**

Manual handling can lead to serious conditions: back pain, ruptured muscles, strains and spine injuries

Carrying and moving loads:

INCORRECT

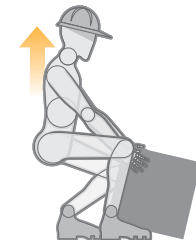
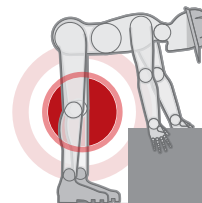
CORRECT



Straighten your back

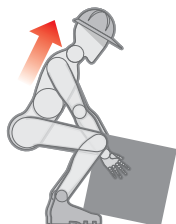
INCORRECT

CORRECT

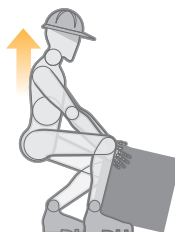


Bend at the knee, not at the back

INCORRECT

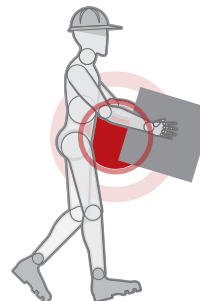


CORRECT

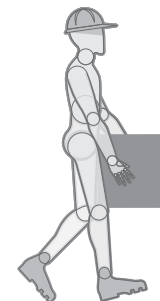


Keep your balance

INCORRECT

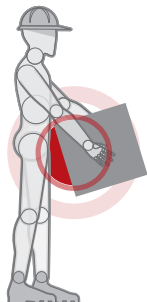


CORRECT



Lift and carry the load with straight downward turned arms

INCORRECT

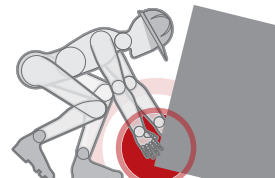


CORRECT

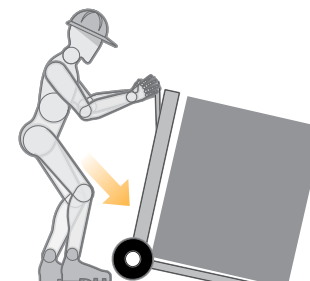


Try to get your body as close as possible to the load

INCORRECT

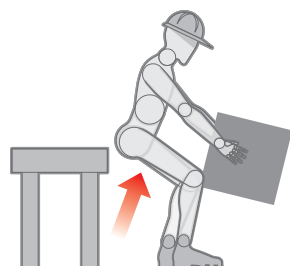


CORRECT

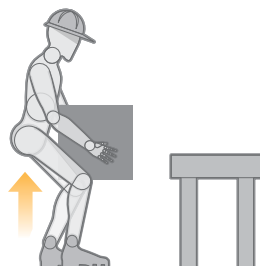


Pushing and pulling is done using the body's own weight

INCORRECT

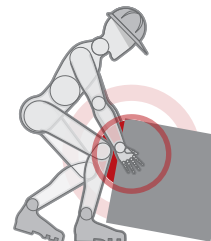


CORRECT

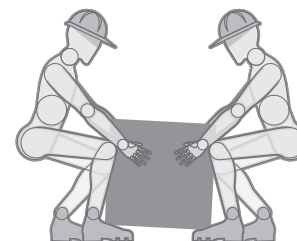


Place your feet a little wider than shoulder length apart

INCORRECT



CORRECT



Ask a colleague for help when picking up and moving a heavy load

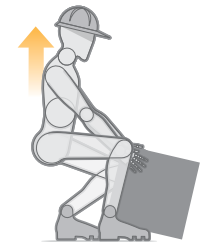
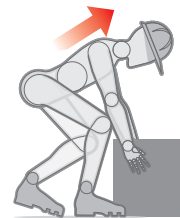
RISKUS PROFISIONAL ASOSIADU A MOVIMENTASON DI KARGAS

Labanta i transporta kargas podi trazi problemas gravis di saudi, sima dôr na kosta, rutura muscular, entorsis i problemas na koluna també.

Pa labanta i transporta kargas:

KA STA DRÊTU

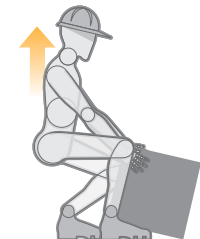
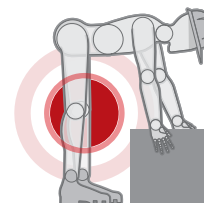
STA DRÊTU



Manti kosta rêtu

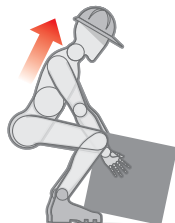
KA STA DRÊTU

STA DRÊTU

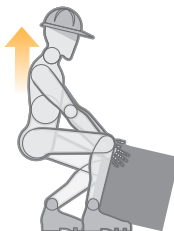


Ora ki bu ta imbaxa dobra juelhu

KA STA DRÊTU

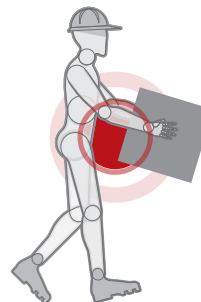


STA DRÊTU

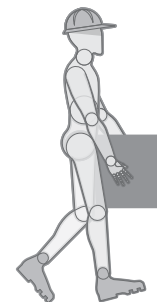


Manti um bom ikilibriu

KA STA DRÊTU

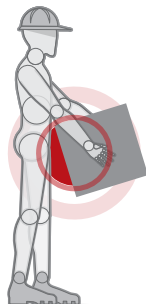


STA DRÊTU

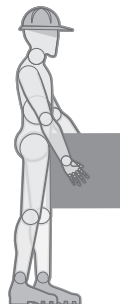


Labanta i transporta karga ku brasu stendidu i djuntu korpu

KA STA DRÊTU

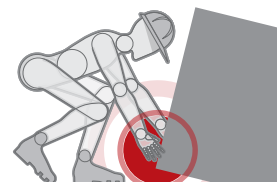


STA DRÊTU

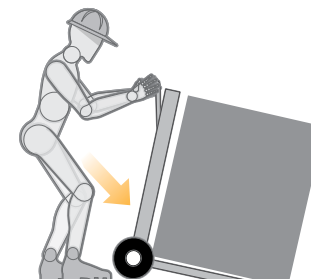


Txiga karga más pertu pusivel di korpu

KA STA DRÊTU

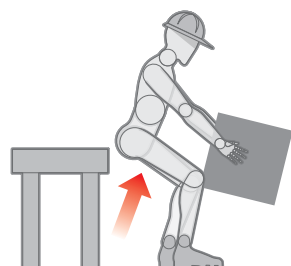


STA DRÊTU

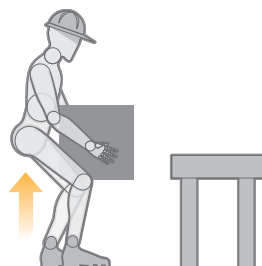


Apruveita pezu di korpu pa pintxa ou mexi objetus

KA STA DRÊTU

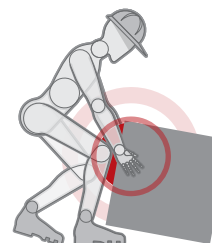


STA DRÊTU

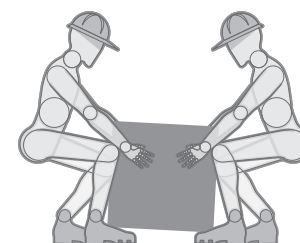


Poi pê di forma ki bu ta orienta karga

KA STA DRÊTU



STA DRÊTU



Pidi alguen pa djudau labanta i karega kargas pesadu

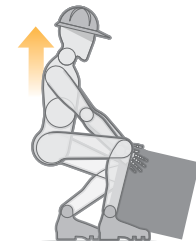
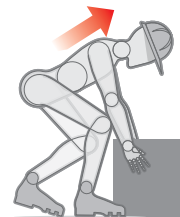
ФАКТОРЫ РИСКА ПРИ РУЧНОМ ПЕРЕДВИЖЕНИИ ГРУЗОВ

Поднятие и перемещение тяжестей может вызвать серьёзные последствия, такие, как боль в спине, разрыв мышц, вывихи и даже повреждение позвоночника.

При поднятии и транспортировке тяжестей:

НЕ ПРАВИЛЬНО

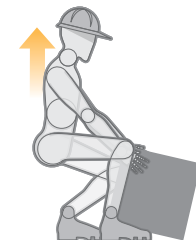
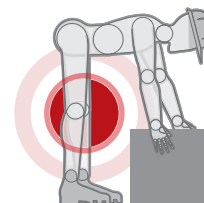
ПРАВИЛЬНО



Сохраняйте прямое положение спины

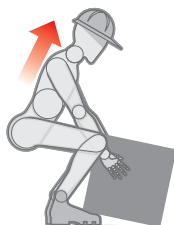
НЕ ПРАВИЛЬНО

ПРАВИЛЬНО



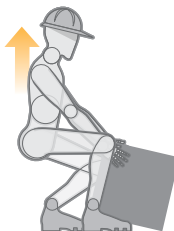
При подъёме груза ноги согните в коленях

НЕ ПРАВИЛЬНО

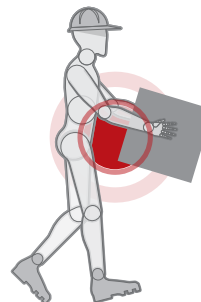


Сохраняйте устойчивое равновесие

ПРАВИЛЬНО

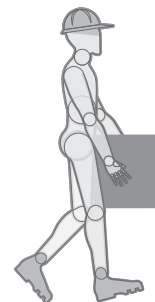


НЕ ПРАВИЛЬНО

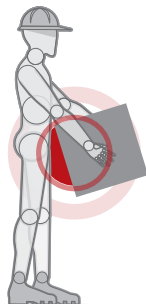


Поднимайте и переносите груз на вытянутых и прижатых к телу руках

ПРАВИЛЬНО

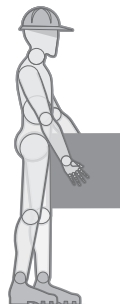


НЕ ПРАВИЛЬНО

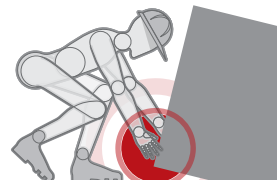


Прижимайте груз, как можно ближе к телу

ПРАВИЛЬНО

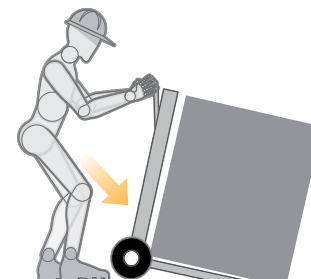


НЕ ПРАВИЛЬНО

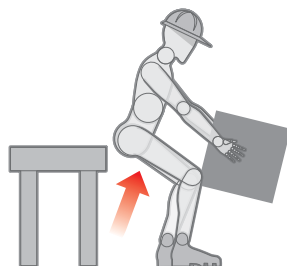


Используйте вес своего тела для толкания или перемещения объекта

ПРАВИЛЬНО

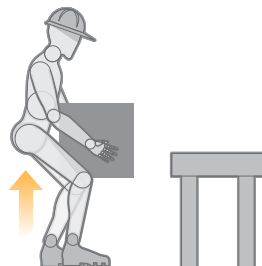


НЕ ПРАВИЛЬНО

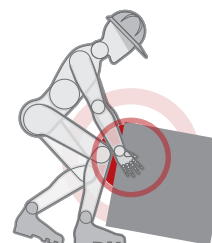


Правильно ставьте стопы для удержания груза

ПРАВИЛЬНО

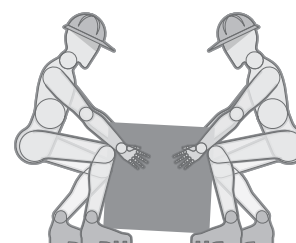


НЕ ПРАВИЛЬНО



Если груз очень тяжелый, для его поднятия и транспортировки, обратитесь за за помощью к своему товарищу

ПРАВИЛЬНО



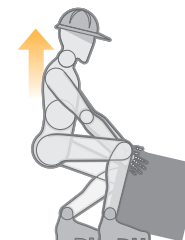
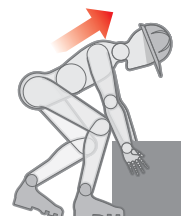
RISCURI PROFESIONALE ASOCIATE DEPLASĂRIILOR MANUALE DE GREUTĂȚI

Ridicarea și transportarea greutăților poate pricinui probleme grave, cum ar fi durerile de spate, rupturi musculare, entorse și chiar leziuni ale coloanei vertebrale.

Pentru ridicarea și transportarea greutăților:

INCORECT

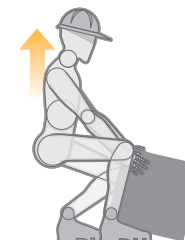
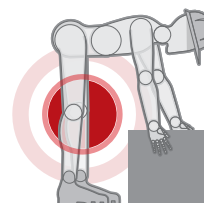
CORECT



Mențineți spatele drept

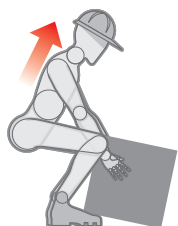
INCORECT

CORECT



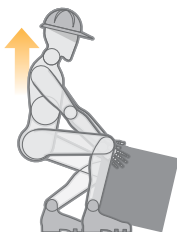
Flexați picioarele îndoind genunchii

INCORECT

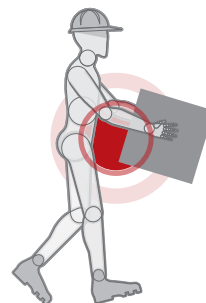


Mențineți un bun echilibru

CORECT

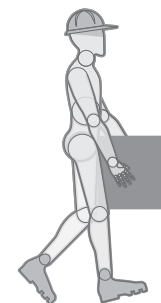


INCORECT

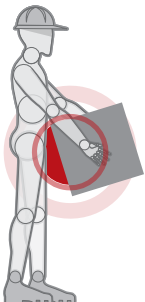


Ridicați și transportați greutatea cu brațele întinse și pe lângă corp

CORECT

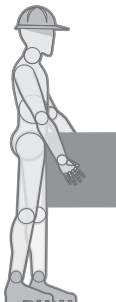


INCORECT

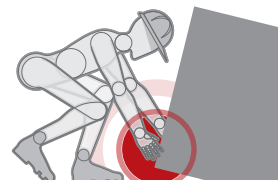


Apropiați greutatea cât mai mult posibil de corp

CORECT

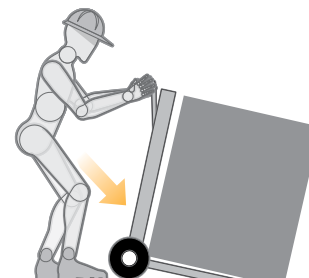


INCORECT



Folosiți greutatea corpului pentru a împinge sau disloca obiecte

CORECT

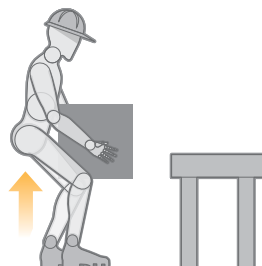


INCORECT

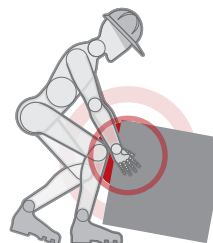


Poziționați corect picioarele pentru a orienta greutatea

CORECT

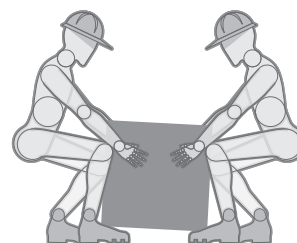


INCORECT



Cereți ajutorul unui coleg pentru a ridica și transporta o greutate mare

CORECT



- 01 PRINCIPAIS RISCOS PROFISSIONAIS
NO SECTOR DA CONSTRUÇÃO
- 02 RISCOS PROFISSIONAIS ASSOCIADOS AO
CONTACTO COM A CORRENTE ELÉCTRICA
- 03 RISCOS PROFISSIONAIS ASSOCIADOS À
UTILIZAÇÃO DE SUBSTÂNCIAS QUÍMICAS
- 04 PRINCIPAIS RISCOS PROFISSIONAIS NO
SECTOR AGRÍCOLA E FLORESTAL

