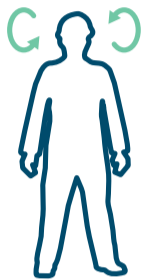


# Ergonomics

Take care of yourself - ensure correct ergonomics

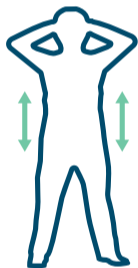
## Warm up

Roll your shoulders, both ways (8-10 times)



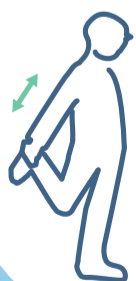
Raise and lower your shoulders (8-10 times)

Interlace your fingers behind your neck and press your elbows back (Hold in 10 sek.)



Lean your head against your right and left shoulder, respectively (Hold in 10 sek.)

Shake arms and legs



Stand on one leg and bend the other back. Hold onto the ankle (Hold in 10 sek.)

## Work positions

Work on your knees  
- use aids e.g. knee pads



Work squatting - use aids e.g. a three-legged stool



! Push as much as possible instead of pulling ! Vary your work positioning

## Lift and carry - max. weight

Straight back

Nose and feet same direction

Use your thigh muscles

Good grip and footing

The weight close to the body



## Løfte og bære - maks. vægt

		Max. weight	Lift	Carry
A. Near the body			50 kg	20 kg
			70 kg	28 kg
B. Forearm distance approx. 30 cm			30 kg	12 kg
			42 kg	16 kg
C. 3/4 arm distance approx. 45 cm			15 kg	6 kg
			21 kg	8 kg
	3 7 11 15 30 50	All measurements in kg		
	<div><div>Good lift</div><div>Lift where conditions must be taken into account</div><div>Dangerous lift</div></div>			