



TOOLBOX TALK

PERSONAL SAFETY (Seguridad Personal): Proper Body Mechanics – Pulling, Reaching & Stooping (Mecánica Adecuada del Cuerpo – Jalando, Alcanzando y Agachándose)



Pull by straightening the legs.
Keep the back straight.

*Jalar enderezando las piernas.
Mantener la espalda recta.*



Stand close to the object. Keep center
of gravity over the base of support.

*Pararse cerca del objeto. Mantener centro
de gravedad sobre la base de apoyo.*



Bend the hips and knees, lower the
body, keep the back in good alignment.

*Doblar la cadera y las rodillas, bajar el
cuerpo, mantenga la espalda bien alineada.*



Do not walk with your head turned
away from the load.

No caminar volteando la vista de la carga.



Do not reach forward to the
point of straightening.

*No tratar de alcanzar hacia adelante
hasta el punto de enderezarse.*



Do not arch the back.

No arquear la espalda.



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