

# Manipulación manual de cargas

## EL LEVANTAMIENTO

01. Sitúa la carga cerca del cuerpo
02. Usa el agarre palmar
03. Utiliza la fuerza de tus piernas
04. Mantén brazos y codos pegados al cuerpo
05. Mantén un buen equilibrio



Disco intervertebral durante una manipulación correcta



### El equilibrio

Carga de modo simétrico

### La gravedad

Aprovecha la tendencia a la caída



### El impulso

Aprovecha el movimiento ascensional



### La elasticidad

Aprovecha la elasticidad de los objetos



### El trabajo en equipo

Recurre a la ayuda de tus compañeros

### El apoyo

Apóyate sobre una mano para mantener el equilibrio



### El empuje

Aprovecha el peso del cuerpo

# Manual En Volvo85

**R Sandford**



**Manual En Volvo85:**

## Unveiling the Magic of Words: A Review of "**Manual En Volvo85**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Manual En Volvo85**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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