

¿Qué es el MMC?

Cualquier labor que requiera el uso de fuerza humana para levantar, sostener, colocar, empujar, portar, desplazar, descender, transportar o ejecutar cualquier otra acción que permita poner en movimiento o detener un objeto que supere los 3 kg.

¿Qué es el MMP?

Cualquier actividad que requiera la fuerza para empujar, tirar, levantar, bajar, transferir, mover o apoyar a personas que no son autovalentes, siendo el manejo de pacientes la actividad donde se presenta el mayor problema para la salud de los trabajadores.

Normativas asociadas:

- Ley 20.001, regula el peso máximo de carga humana. MINTRAB, Publicado D.O. 05-02-2005.
- Ley 20.949, modifica el Código del Trabajo para reducir el peso de las cargas de manipulación manual. MINTRAB, publicado D.O. 17-09-2016.
- Actualización Guía Técnica de evaluación y control de riesgos asociados al MMC. MINTRAB, R.E. N° 22, publicado D.O. 10-02-2018.

Factores individuales:

- Capacidad funcional
- Hábitos
- Antecedentes de salud
- Actividad extra laboral
- Entrenamiento



Factores puesto de trabajo (físicos/biomecánicos):

- Repetitividad (frecuencia)
- Fuerza (peso/tipo de carga)
- Postura (torsión/lateralización y flexión de tronco)
- Distancia horizontal/ vertical
- Restricción postural



Factores organizacionales:

- Organización del trabajo
- Jornadas
- Horas de trabajo
- Ritmo
- Pausas/tiempos de recuperación
- Carga de trabajo



Factores ambientales:

- Exposición a calor/frío
- Exposición a vibraciones
- Iluminación deficiente
- Superficies de trabajo (desnivel, irregular, resbaladizo)



Obligaciones del trabajador

- Cumplir las instrucciones, reglamentos y procedimientos de trabajo para MMC/MMP.
- Colaborar con el empleador en el cumplimiento normativo y gestión preventiva.
- Informar al empleador sobre condiciones de riesgo.
- Participar y promover la participación en actividades de seguridad y salud en el trabajo.
- Denunciar ante organismos fiscalizadores el no cumplimiento normativo.
- Difundir y promocionar las acciones preventivas.

Obligaciones del empleador

- Gestionar los riesgos asociados a MMC y MMP.
- Identificar y evaluar factores de riesgos en los puestos de trabajo.
- Desarrollar acciones de prevención, control, reducción y protección de los riesgos para sus trabajadores.
- Procurar los medios adecuados a sus trabajadores para que reciban formación e instrucción en los métodos correctos y ejecución de su trabajo.
- Facilitar los recursos y tiempo para que el trabajador cumpla con las obligaciones que indica la Guía Técnica.

Manual De Motor5a

A Loxley



Manual De Motor5a:

Teachers Manual John George Kirk, Mary A. Waesche, 1927 *Electric Railway Directory and Buyers' Manual* ,1907
Directory ... Aeronautical industry, East Stroudsburg, Pa, 1928 **Product Design File** ,1959 A file of manufacturers catalogs compiled for the use of engineers and executives engaged in product development and design
Government-wide Index to Federal Research & Development Reports ,1967 **A Manual of Histology** Salomon Stricker, 1872 Specifications and Drawings of Patents Issued from the United States Patent Office United States. Patent Office, 1907 **A Catalog of Books You Should Know Better : Through the Sieve** Baker & Taylor Co, 1947 *The Mexican Mining Journal* ,1910 Federal Register ,1969-06 **Boletín judicial** ,1988 **Monthly Catalogue, United States Public Documents** ,1990 **Monthly Catalog of United States Government Publications** ,1990 **Host Bibliographic Record for Bound with Item Barcode 30112044669122 and Others** ,2013 Aeronautical Industry ,1928 **Motor** ,1928 *Diario de Centro América* ,1985 **Microprocessor Based Robotics** Mark J. Robillard, 1983
Teaches the Mechanics of Robot Hands Arms Legs Tactile Sensing Motion Attitude Sensing Vision Systems Government Reports Annual Index ,1979 **The Standard California Codes** California, 1990

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