

MANIPULACIÓN MANUAL DE CARGA/PACIENTE (MMC/MMP)

¿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. Nº 22, publicado D.O. 10-02-2016.

Factores puesto de trabajo Factores organizacionales: Factores individuales: Factores ambientales: (fisicos/biomecánicos): · Capacidad funcional Repetitividad (frecuencia). Organización del trabajo Exposición a calor/frío Fuerza (peso/tipo de carga) Jornadas Hábitos: Exposición a Postura (torsión/lateralización) · Horas de trabajo · Antecedentes de salud vibraciones. - Actividad extra laboral y flexión de tronco) · Ritmo Illuminación deficiente Distancia horizontal/ vertical. · Pausas/tiempos de Entrenamiento. Superficies de trabajo Restricción postural recuperación (desnivel, irregular, · Carga de trabajo 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

Michael Seilmaier

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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 A Catalog of Books You Should Know Better: Through the Sieve Baker & Taylor Co,1947 Office.1907 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 Boundwith 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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Table of Contents Manual De Motor5a

- 1. Understanding the eBook Manual De Motor5a
 - The Rise of Digital Reading Manual De Motor5a
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Manual De Motor5a
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual De Motor5a
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Manual De Motor5a
 - Personalized Recommendations
 - Manual De Motor5a User Reviews and Ratings
 - Manual De Motor5a and Bestseller Lists
- 5. Accessing Manual De Motor5a Free and Paid eBooks
 - Manual De Motor5a Public Domain eBooks
 - Manual De Motor5a eBook Subscription Services
 - Manual De Motor5a Budget-Friendly Options

- 6. Navigating Manual De Motor5a eBook Formats
 - o ePub, PDF, MOBI, and More
 - Manual De Motor5a Compatibility with Devices
 - Manual De Motor5a Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual De Motor5a
 - Highlighting and Note-Taking Manual De Motor5a
 - o Interactive Elements Manual De Motor5a
- 8. Staying Engaged with Manual De Motor5a
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual De Motor5a
- 9. Balancing eBooks and Physical Books Manual De Motor5a
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual De Motor5a
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual De Motor5a
 - Setting Reading Goals Manual De Motor5a
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual De Motor5a
 - Fact-Checking eBook Content of Manual De Motor5a
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements

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