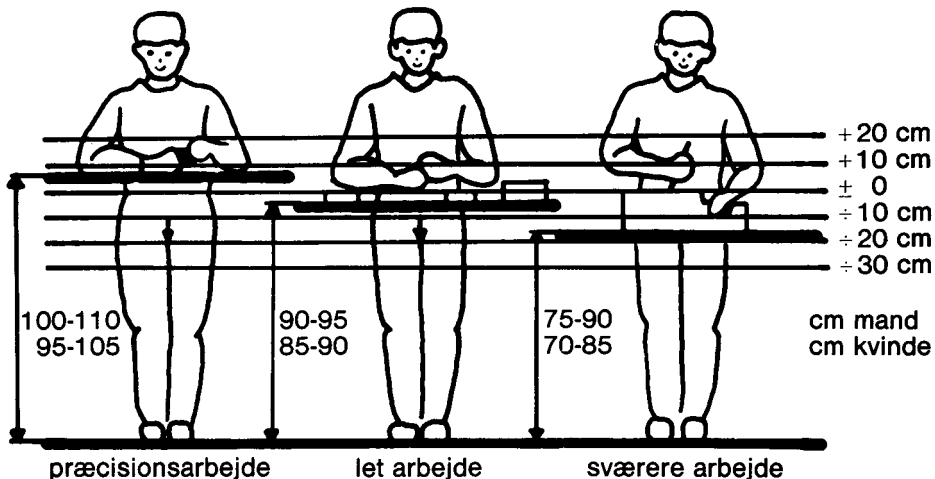
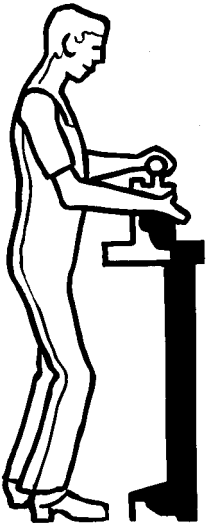
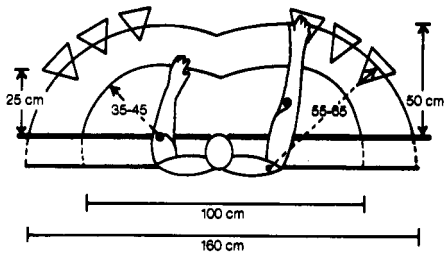


Arbejdshøjder til stående arbejde af forskellig art



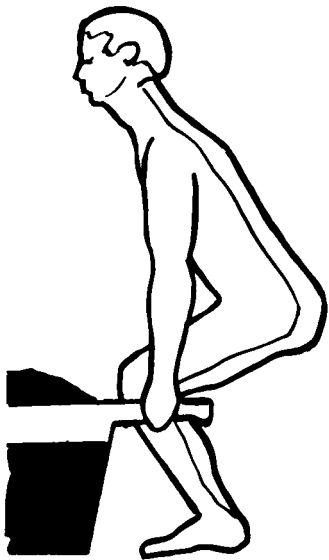
Bordhøjden i forhold til albuehøjde (± 0) 104,5 cm mand, 98,0 cm kvinde

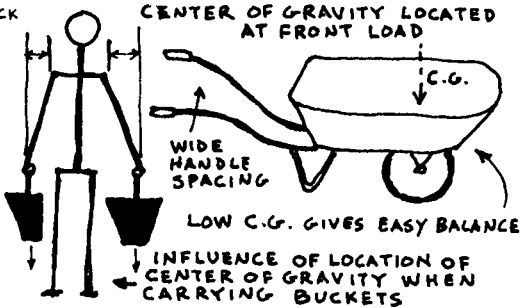
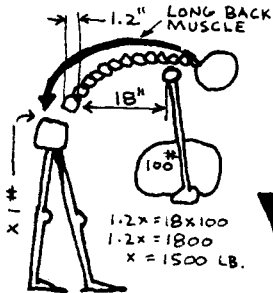




35 – 45 cm = optimale gribe + arbejdsområde (målt fra albuen).

55 – 65 cm = maksimale række + gribeafstand (målt fra skulderen).





MECHANICS OF SHOVELING

INCORRECT

1.



BACK BENDS

2.



WEIGHT NOT
DISTRIBUTED

3.



BODY
TWISTS

CORRECT

1.



BACK
STRAIGHT

2.



LEGS APART

3.



FULL
SWING