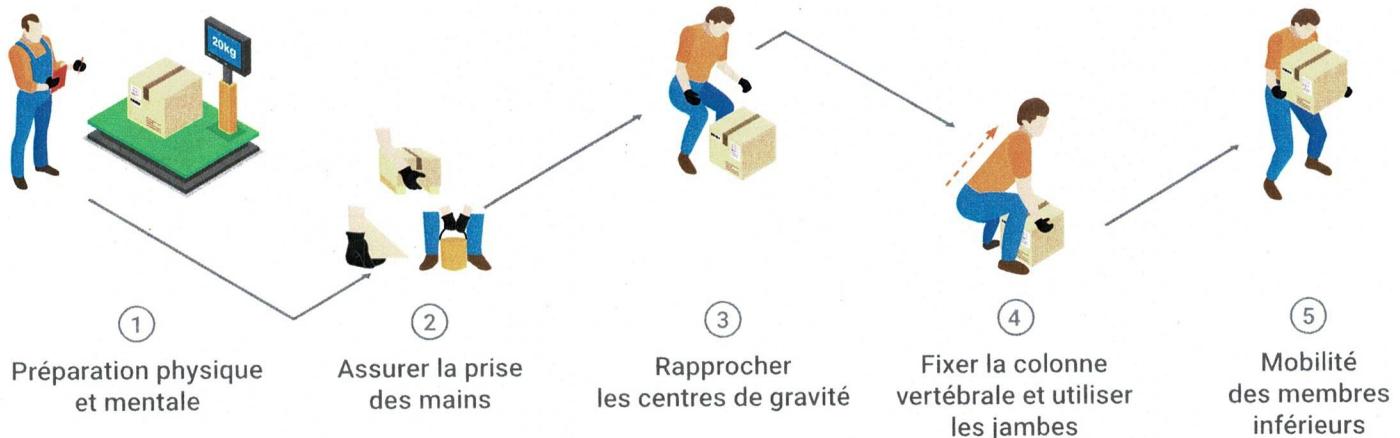


Méthodes de manutention suivant le type de charge

– LES ÉTAPES D'UNE MANUTENTION RÉUSSIE –



– LES MÉTHODES EN FONCTION DES CHARGES –

Manipulation d'une caisse, de seaux, d'un colis



Manipulation d'une charge longue, Mettre à l'épaule et transporter



Manipulation de planches



Manutention en binôme : coordination essentielle !



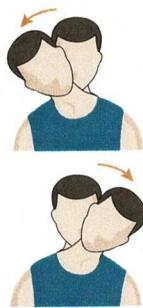


Échauffement - Éveil musculaire

- QUELQUES EXERCICES -

1 mn maxi par exercice

- Haut du corps -



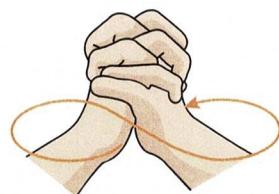
Tête



Épaules



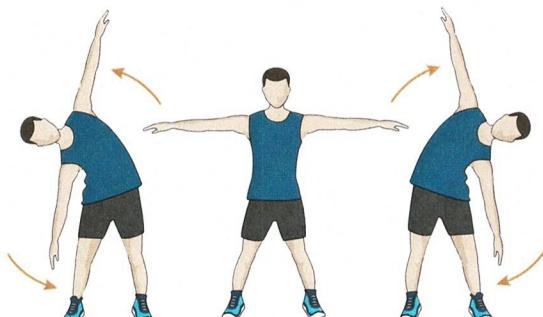
Bras



Poignets

Rotation dans les 2 sens

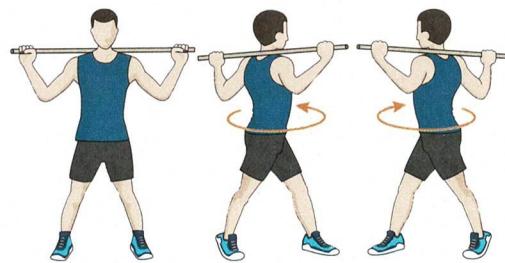
- Dos -



Flexions latérales

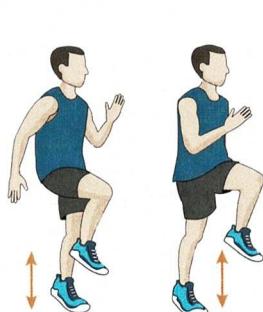


Flexions avant arrière

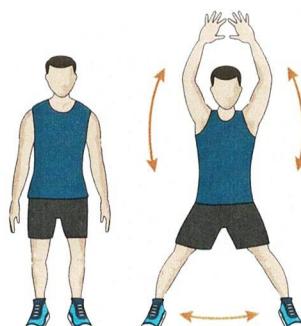


Rotation du tronc

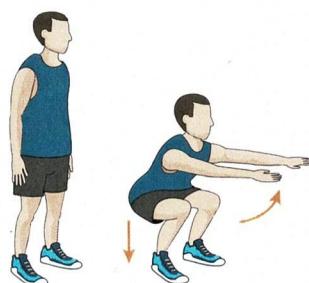
- Bas du corps -



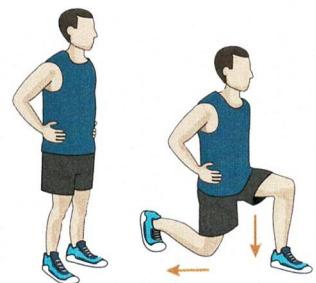
Courir sur place



Saut sur place



Squat flexion



Fentes
Alterner jambes