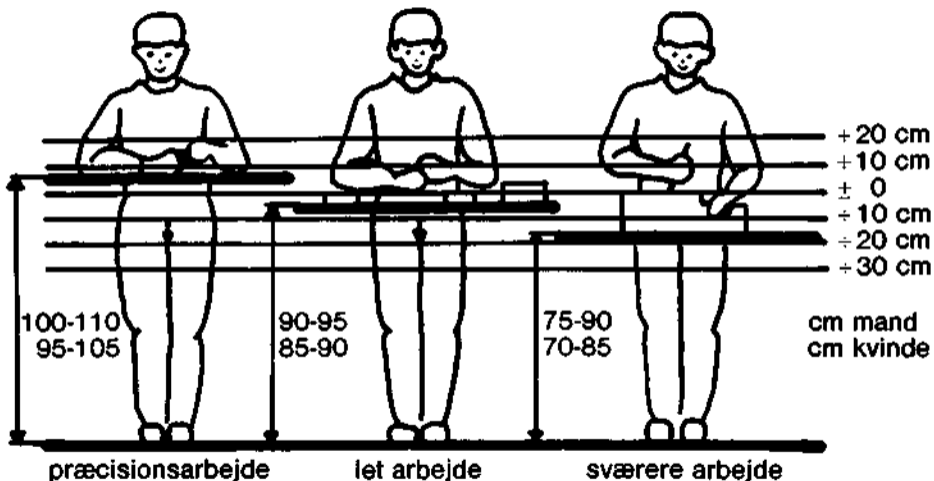
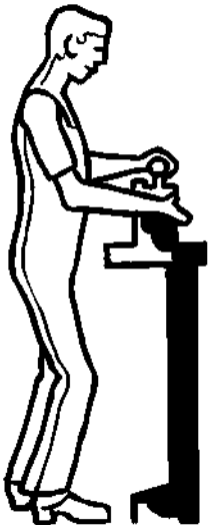
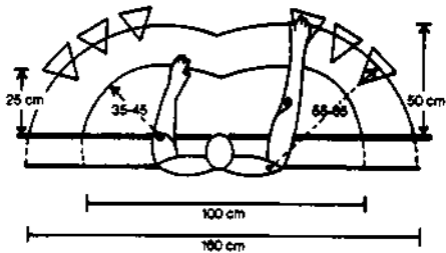


## Arbejdshøjder til stående arbejde af forskellig art



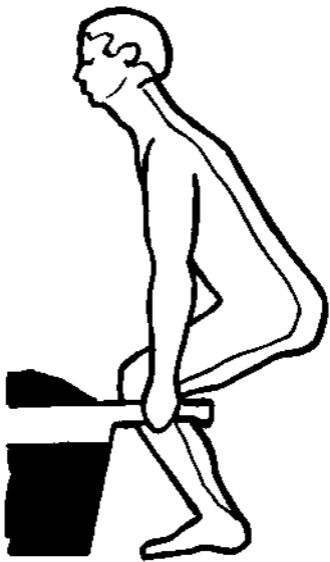
Bordhøjden i forhold til albuehøjde ( $\pm 0$ ) 104,5 cm mand, 98,0 cm kvinde

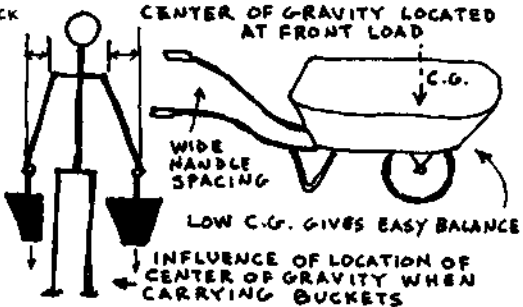
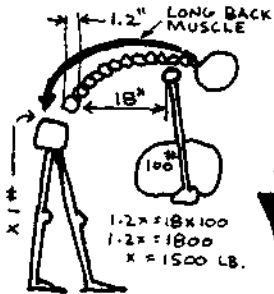




**35 - 45 cm = optimale gribe + arbejdsområde (målt fra albuen).**

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





# MECHANICS OF SHOVELING

## INCORRECT

1.



BACK BENDS

2.



WEIGHT NOT  
DISTRIBUTED

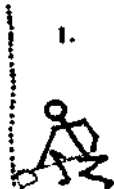
3.



BODY  
TWISTS

## CORRECT

1.



BACK  
STRAIGHT

2.



LEGS APART

3.



FULL  
SWING