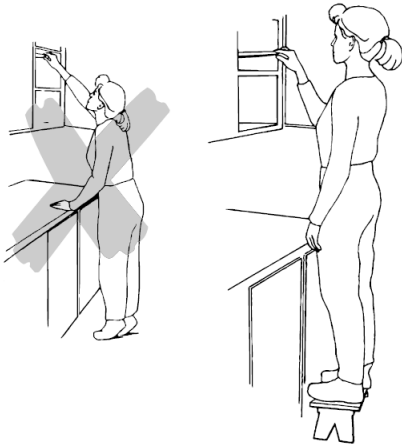




日常生活的良好姿势

高层活动

- 为了避免扭伤脖子、足部、脚趾,请使用凳子或是梯级
- 避免把沉重或庞大的物品放在头上方



低层活动

- 为了避免过度驼背,请弯曲膝盖和髋关节
- 若需要在低层作业,请坐在一个凳子上,避免拉伤背部或脚部



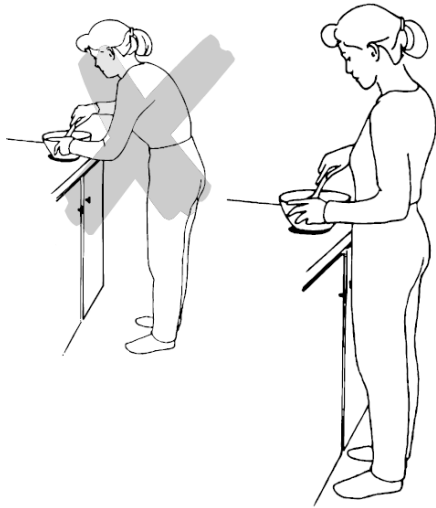
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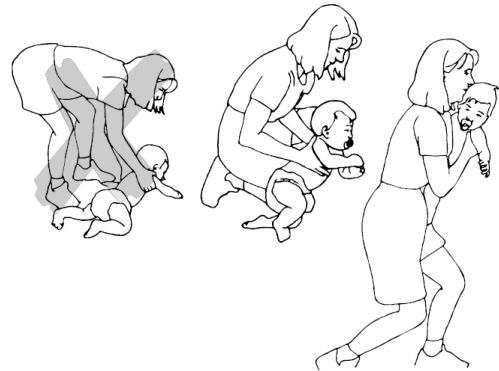
站立活动

- 调整工作面的高度，避免弯腰或拉伤脖子



抬动

- 身体尽量靠近物品/小孩
- 一只脚站在另一只脚前方
- 弯曲膝盖和髋关节，用手臂的力量将物品/小孩抬起，并且靠近身体再站立
- 避免站立后拱腰，以免拉伤背部



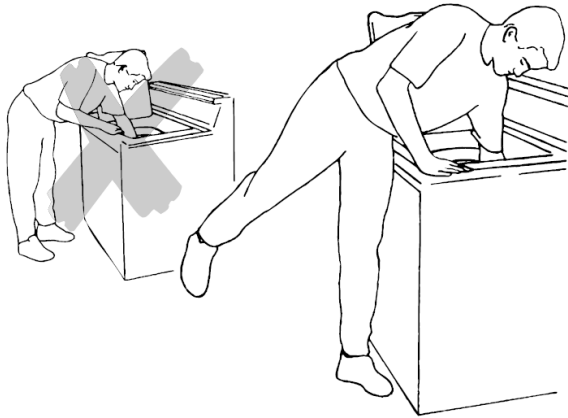
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拾衣物/腰层的物品

- 身体尽量靠近洗衣机/物品
- 拾衣物/物品时，将一只脚抬起，保持背部伸直
- 尽量不要一次拾起太多衣物/物品。因为反复拾起重物会增加拉伤背部的风险。



扫地

- 为了避免过度弯腰，请用一支比较长的扫把
- 为了避免弯腰拉伤背部，扫地时请挺直背部，以向前、后、左、右的步伐扫地
-



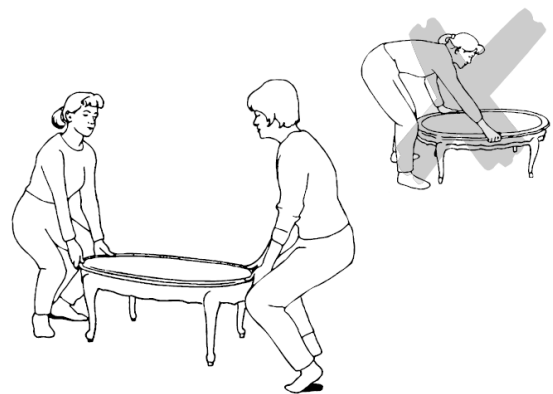
刷牙/清理洗手台

- 为了避免弯腰，请将一只脚垫在壁架或凳子上
- 为了避免取水时弯腰，请用一个杯子接水



向他人求助

- 不要高估自己抬动的能力
- 必要时请向他人求助，或分配工作给他人
- 一起抬动物品时，为了协调，请说：“1-2-3-上”或“1-2-3-下”



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避免长时期待在同一个姿势，或重复同一个动作。

尽量每 20-30 分钟休息、伸展，或更换姿势。【坐姿换成站姿/走动，站姿换成坐姿/走动】。

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