ᐊᐱᕆᒋᑦ ᐱᓐᓇᕆᔭᐅᔪᑎᑦ!

WSCC

ᓴᓇᕐᕈᑎᒃᑯᕕᖕᒥ ᐅᕐᑲᕐᑲᑎᒌᓐᓃᑦ— ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔨᐅᑉ ᐊᑐᐊᒐᖓ ᕿᔪᓕᕆᔨᑦ

ᐱᓕᕆᐊᕐᑲᑲᑕᖕᓂᖅ ᐊᒻᒪ ᑭᕕᒃᓯᑲᑕᖕᓂᖅ ᐅᕐᑲᐅᓯᒃᓴᖅ ᓇᐃᓈᕈᑎᐊ

ᓈᒻᒪᙱᑦᑐᒃᑯᑦ ᐱᓕᕆᐊᕐᑲᑲᑕᖕᓂᖅ ᐊᒻᒪ ᑭᕕᒃᓯᑲᑕᖕᓂᖅ ᐅᕐᑯᒪᐃᑦᑐᓂᒃ ᐊᖏᔪᕈᓗᖕᓂᒃᑰᓐᓃᑦ ᐱᕐᑯᑎᓂᒃ ᐋᓐᓂᕈᑎᐅᓛᖑᕙᒃᐳᑦ ᑐᓄᒃᑯᒃ. ᑕᒪᒃᑯᐊ ᐋᓐᓂᕐᓂᐅᔪᑦ ᐊᒃᑐᐃᒍᓐᓇᖅᑐᑦ ᐃᓅᓯᕐᓂᒃ ᐱᓇᓱᐊᕈᓯᑲᓪᓚᖕᓂᒃ, ᑕᕐᑭᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐊᕐᕌᒍᒐᓴᒻᒪᕆᖕᓂᒃ, ᓴᓇᔪᓐᓇᐃᓪᓕᒍᑎᒋᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᐱᓕᕆᐊᕆᔪᒪᔭᕐᓂᒃ ᐊᔪᕈᑎᒋᓕᕐᓗᒍ. ᑭᕕᒃᓯᓂᕐᒧᑦ ᐋᓐᓂᕈᑎᐅᔪᓐᓇᖅᑐᑦ ᐊᑐᖅᑕᐅᙱᑦᑐᓐᓇᖅᑐᑦ.

ᑕᐅᑐᑎᑦᑎᓂᖅ ᐊᒻᒪ ᐅᕐᑲᓪᓚᕐᑲᑕᐅᓂᕐᒧᑦ ᐅᕐᑲᐅᓯᒃᓴᖅ

- ᐅᕐᑲᐅᓯᕐᑲᕐᓗᑎᑦ ᖃᓄᐃᑦᑐᑦ ᐱᕐᑯᑎᑦ ᓴᓇᕝᕕᒃᒥᑦ ᐅᕐᑯᒪᐃᑦᑐᑦ ᐊᒡᔭᕆᐊᒃᓴᕐᓗᓐᓃᑦ ᐃᓗᐊᙱᑦᑐᑦ, ᐊᒻᒪ ᖃᓄᖅ ᑖᒃᑯᐊ ᐱᓕᕆᐊᖑᔭᕆᐊᕐᑲᕐᓂᖏᓐᓂᒃ ᖁᐊᕐᓵᕐᓇᙱᑦᑐᒥᒃ.
- ᕿᒥᕐᕈᐊᖅᑎᒋᓗᒋ ᓴᓇᕕᐅᑉ ᐃᓗᐊᓂ ᐃᓕᓐᓂᐊᖅᑏᑦ, ᐊᒻᒪ ᑎᒃᑯᐊᑲᑕᒡᓗᒋ ᖁᐊᕐᓵᕐᓇᖅᑐᑦ.
- ᑐᓂᐅᖅᑲᕐᓗᒋᑦ ᐃᓕᓐᓂᐊᖅᑐᓄᑦ ᑐᓂᔭᒃᓴᑦ ᑎᑎᖅᑲᒃ.
- ᕿᒥᕐᕈᐊᕐᓗᒋᑦ ᐱᕐᕈᓗᐊᕐᕿᑦᑕᐃᓕᒍᑎᒃᓴᑦ.
- ᐅᕐᑲᐅᓯᕐᑲᕐᓗᑎᑦ ᖃᓄᖅ ᑭᕕᒃᓯᓂᒃᑯᑦ ᐊᒻᒪ ᐱᓕᕆᐊᖅᑲᕐᓂᒃᑯᑦ ᐋᓐᓂᕈᓐᓇᕐᓂᖏᓐᓂᒃ.
- ᑐᑭᓯᒋᐊᕐᑎᓪᓗᒋᑦ ᖃᓄᐃᓕᐅᕈᓐᓇᕐᓂᖏᓐᓂᒃ ᓴᓇᕝᕕᒃᒥᑦ ᖁᐊᕐᓵᕐᓇᙱᓐᓂᕐᓴᐅᖁᓗᒍ ᐱᓕᕆᐊᖅᑲᕐᓂᒃᑯᑦ ᐊᒻᒪ ᑭᕕᒃᓯᑲᑕᖕᓂᒃᑯᑦ (ᓱᕐᓗ, ᐅᕐᑯᒪᐃᑦᑐᓂᒃ ᐋᕿᒃᓯᓯᒪᓗᓂ ᓴᒡᕕᐅᓪᓗ ᓱᕐᑯᕕᓪᓗ ᐊᑯᓐᓂᐊᒍᖓᔪᓂᒃ, ᐊᒻᒪ ᒥᒃᑭᑦᑑᑎᐅᑎᓐᓂᕐᓴᐅᓗᒋ ᐱᕐᑯᑎᑦ ᐃᓕᓯᒪᐅᕐᑐᑦ).
- ᐱᓪᓚᑦᑖᖑᖅᑎᒋᐊᕐᓗᒍ. ᒪᕐᕉᓐᓂᒃ ᐅᓂᒃᑳᕐᓗᑎ ᐃᒫ ᐋᓐᓂᕐᓂᐅᔪᓂᑦ ᐃᒡᕕᑦ ᖃᐅᔨᓯᒪᔭᖕᒋᓐᓂ, ᐅᕝᕙᓘᓐᓃᑦ ᑖᒃᑯᐊ ᐆᒃᑑᑎᐅᔪᓐᓇᖅᑐᑦ ᐊᑐᕐᓗᒋ:
  - ᐃᓕᓐᓂᐊᖅᑐᑦ ᓴᓇᓯᓐᓈᑦ ᓂᐅᕋᐃᕝᕙᓪᓕᐊᔪᖅ ᕿᔪᖕᓂᒃ ᐸᓚᐃᕗᑦᓂ ᐊᒡᔭᕐᓯᔪᒪᓕᕐᓗᓂ ᐅᕐᑯᒪᐃᑦᑐᕈᓗᖕᓂ ᐃᓄᑑᓗᓂ ᐃᑲᔪᖅᑕᐅᔪᒪᓗᓂ ᐅᕐᑲᙱᓗᓂ. ᐃᒃᐱᒍᓱᑲᓪᓚᒃᓗᓂ, ᐋᓐᓂᑲᓪᓚᒃᑕᒥᑦ ᓂᐊᖓᒍᖅᑐᒥᒃ ᐊᒻᒪ ᐱᓕᕆᔪᓐᓇᐃᓪᓕᓪᓗᓂ. ᑭᖑᓂᐊᒍᑦ ᑐᓄᐊᒍᑦ ᐱᓚᒃᑕᐅᔭᕆᐊᕐᑲᓕᖅᓗᓂ ᕿᒥᕐᓗᐊᒍᑦ ᐋᓐᓂᕐᑕᒥᓄᑦ.

ᐱᓕᕆᐊᕐᑲᑲᑕᖕᓂᖅ ᐊᒻᒪ ᑭᕕᒃᓯᑲᑕᖕᓂᖅ • HANDLING AND LIFTING • MANIPULATION ET LEVAGE • TIGUTTAQNI QANGATTAQNILU

“ᑕᒪᒃᑯᐊ ᐋᓐᓂᕐᓂᐅᔪᑦ ᐊᒃᑐᐃᒍᓐᓇᖅᑐᑦ ᐃᓅᓯᕐᓂᒃ ᐱᓇᓱᐊᕈᓯᑲᓪᓚᖕᓂᒃ, ᑕᕐᑭᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐊᕐᕌᒍᒐᓴᒻᒪᕆᖕᓂᒃ, ᓴᓇᔪᓐᓇᐃᓪᓕᒍᑎᒋᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᐱᓕᕆᐊᕆᔪᒪᔭᕐᓂᒃ ᐊᔪᕈᑎᒋᓕᕐᓗᒍ.”

- ᐃᖅᑲᓇᐃᔭᖅᑎ ᓂᐅᕋᐃᕙᓪᓕᐊᔪᖅ ᐃᓚᒃᓴᓂ ᐃᓱᒪᓕᕐᐳᖅ ᐊᒡᔭᖅᓯᔪᓐᓇᕐᓂᕐᒥᓂᒃ ᐊᒥᓱᓂ ᐆᕆᔭᐅᔪᓂᒃ ᐊᑐᙱᕐᓗᓂ ᐊᒡᔭᖅᑐᐃᒍᑎᒥᒃ ᐊᒃᓴᓗᐊᓕᖕᒥ. ᐃᒃᐱᒍᓱᑲᓪᓚᒃᓗᓂ ᐋᓐᓂᑲᓪᓚᒃᑕᒥᑦ ᓂᐊᖕᒐᒍᖅᑐᒥᒃ ᐊᒻᒪ ᐱᓕᕆᔪᓐᓇᐃᓪᓕᓪᓗᓂ. ᑭᖑᓂᐊᒍᑦ ᑐᓄᐊᒍᑦ ᐱᓚᒃᑕᐅᔭᕆᐊᖅᑲᓕᖅᓗᓂ ᕿᒥᕐᓗᐊᒍᑦ ᐋᓐᓂᕐᑕᒥᓄᑦ.

- ᐅᖅᑲᐅᓯᖅᑲᕐᓗᑎᑦ ᐃᓱᒪᖅᑲᑦᑕᕐᓂᕐᒥᑦ ᐃᒪᓐᓇ “ᐅᕙᓐᓄᓪᓕ ᑕᐃᒪᐃᔾᔭᖕᒋᑦᑐᖅ”. ᐃᖅᑲᐃᑎᒋᐊᕐᓗᒋ ᐋᓐᓂᖅᑐᖅᑭᓐᓇᖅᑐᖅ ᐊᒻᒪ ᑕᐃᒪᐃᑦᑐᖅᑲᕐᓂᐊᖅᑐᖅ ᑐᐊᕕᓗᐊᕋᓱᒃᑎᓪᓗᒋᑦ ᐅᕙᓘᓐᓃᑦ ᖃᓄᕈᓘᔭᕐᕙᖅᑎᓪᓗᒋ.

- ᐃᓕᓐᓂᐊᕐᑎᓪᓗᒋᑦ ᐃᓕᓐᓂᐊᕐᑐᑦ ᓇᓗᓇᐃᕐᓯᕐᑯᓗᒋᑦ ᐊᒻᒪ ᐅᖅᑲᐅᓯᖅᑲᕐᑯᓗᒋᑦ ᐱᕐᕈᓗᐊᕐᑭᑦᑕᐃᓕᓂᕐᒧᑦ ᐃᓱᒫᓗᑎᖕᒋᓐᓂᒃ ᒪᑐᒧᖓ ᑭᕕᒃᓯᖅᑲᑦᑕᕐᓂᒃᑯᑦ ᐊᒻᒪ ᐱᓕᕆᐊᖅᑲᕐᓂᒃᑯᑦ ᐱᕐᑯᑎᓂᒃ.

- ᐊᔭᐅᖅᑐᕐᓗᒋ ᑖᒃᑯᐊ ᐊᐱᖅᓯᕐᑯᓗᒋ ᐊᐱᖅᑯᑎᓂ.

- ᑭᐅᖅᑲᑦᑕᒃᑭᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐊᐱᖅᑯᑕᐅᔪᑦ ᐅᕙᓘᓐᓃᑦ ᐃᓱᒫᓗᑕᐅᔪᑦ ᐃᓕᓐᓂᐊᖅᑎᓄᑦ.

- ᒪᓕᕐᑎᐊᕈᒥᓇᕐᓗᑎ ᐱᓕᕆᕐᑎᐊᖅᑲᑦᑕᕐᓗᑎ ᖃᖓᓕᒫᒃᑯᑦ ᐊᑦᑕᕐᓇᔾᔭᐃᖅᓯᒪᐃᓐᓇᕐᓗᑎ.

ᖁᒃᑲᓐᓂᐊᒍᑦ ᐃᑲᔪᕈᑎᒃᓴᐃᑦ:

- ᑐᓄᒧᑦ ᐅᖅᑲᐅᓯᒃᓴᑦ: ᐅᖅᑲᓕᒫᒐᒃᓴᖅ ᑐᓄᓕᕆᓂᕐᒨᖓᔪᖅ
  http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/back_talk.pdf
- ᑐᓄᐃ ᐋᓐᓂᐊᖅᐹ? ᐊᑦᑎᖕᓂᕐᓴᒃᑯᑦ ᑐᓄᒧ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᒍᑎ
  http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/does_your_back_hurt.pdf
- ᐱᓕᕆᔾᔪᑎᒍᑦ ᐅᖅᑲᐅᓯᒃᓴᑦ 1 – ᑐᓄᒧᑦ ᑎᕆᒃᓯᐅᑎᑦ
  http://www.worksafebc.com/publications/health_and_safety/by_topic/assets/pdf/backbelts.pdf
- ᑭᕕᒃᓯᓂᖅ/ᑐᓄᒧᑦ ᓇᓗᓇᐃᒃᑯᑎ
  http://www2.worksafebc.com/calculator/llc/default.htm

ᐱᓕᕆᐊᖅᑲᑕᖕᓂᖅ ᐊᒻᒪ ᑭᕕᒃᓯᑲᑕᖕᓂᖅ ▪ HANDLING AND LIFTING ▪ MANIPULATION ET LEVAGE ▪ TIGUTTAQNI QANGATTAQNILU