

起重作业手势指挥图

Lifting operation gesture



图 1

1、预备（注意）

手臂伸平，置于头上方，五指自然伸开，手心朝前保持不动（右图）

1. Preparation (note)

Stretch your arms flat and place them above your head. Spread your five fingers naturally and keep your palms facing forward (pictured on the right)



图 2

2、要主钩

单手自然握拳，置于头上，轻触头顶（右图）。

2. Request the main hook

Make a fist naturally with one hand, place it on your head, and lightly touch the top of your head (Figure on the right).



3、要副钩

一只手握拳，小臂向上不动，另一只伸出，手心轻触前手肘关节（右图）。

3. Request the auxiliary hook

Make a fist with one hand, keep the forearm up, and extend the other, and lightly touch the front elbow joint (pictured on the right).



4、吊钩上升

小臂向侧上方伸直，五指自然伸开，高于肩部，以腕部为轴转动（右图）。

4. Hook rises

Straighten the forearm to the upper side, naturally extend the five fingers, higher than the shoulder, and rotate around the wrist (pictured on the right).



right).

5、吊钩下降

手臂伸向侧前下方，与身体夹角约为 30° ，五指自然伸开，以腕部为轴转动（右图）。

5. Hook down

The arms are stretched to the front and lower sides, and the angle with the body is about 30° . The five fingers are naturally stretched out and rotate around the wrist (pictured on the



right).

6、吊钩微微上升

小臂伸向侧前上方，手心朝上高于肩部，以腕部为轴，重复向上摆动手掌（右图）。

6. The hook rises slightly

Extend the forearm to the front and upper side, with the palm of the palm facing up and higher than the shoulder, with the wrist as the axis, repeatedly swing the palm upwards (picture on the



7、吊钩微微下落

手臂伸向侧前下方，与身体夹角约为 30° ，手心朝下，以腕部为轴，重复向下摆动手（右图）

7. The hook falls slightly

Extend the arm to the front and the lower side of the body, the angle with the body is about 30° , the palm of the hand is facing down, with the wrist as the axis, repeatedly swing the hand downward (pictured on the right)

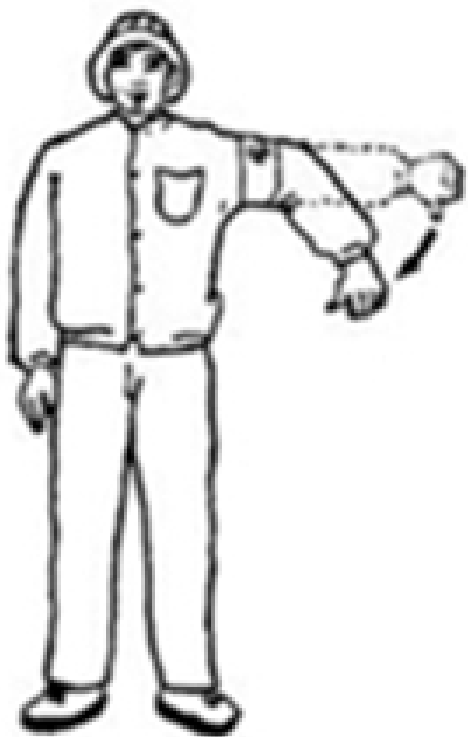


8、升臂

手臂向一侧水平伸直，拇指朝上，余指握拢，小臂向上摆动（右图）

8. Raising boom

Straighten the arm horizontally to one side, with the thumb facing up, the rest of the fingers together, and the forearm swinging upwards (picture on the right)

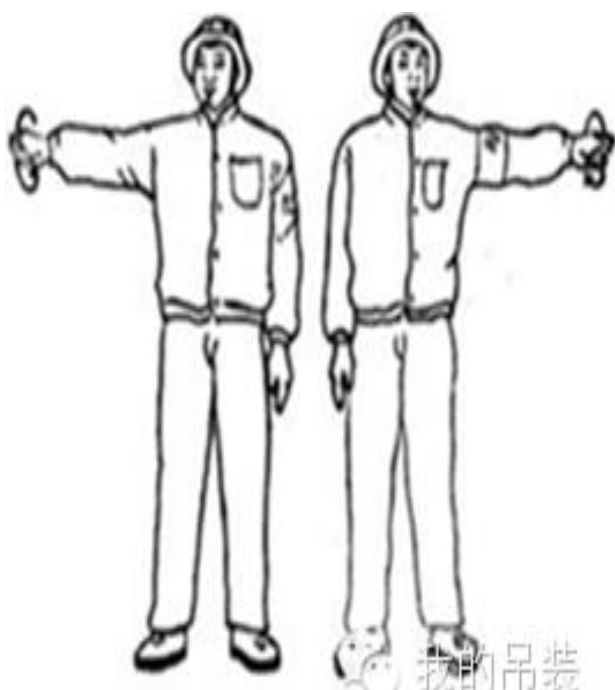


9、降臂

手臂向一侧水平伸直，拇指朝上，余指握拢，小臂向下摆动（右图）。

9. Lower boom

Extend the arm horizontally to one side, with the thumb facing up, the rest of the fingers together, and the forearm swinging down (pictured on the right).



10、转臂

手臂水平伸直，指向应转臂的方向，拇指伸出，余指握拢，以腕部为轴转动（右图）。

10. Rotating arm

Straighten the arm horizontally and point in the direction of the arm that should be turned, with the thumb extended, the rest of the

fingers closed, and the wrist as the axis of rotation

(pictured on the right).



11、伸臂

两手分别握拳, 拳心向上, 拇指分别指向两侧, 做相斥动作 (右图)。

11. Extend boom

Make a fist with both hands, with the heart of the fist facing upwards, and the thumbs pointing to the sides, doing repulsive movements (pictured on the

right).

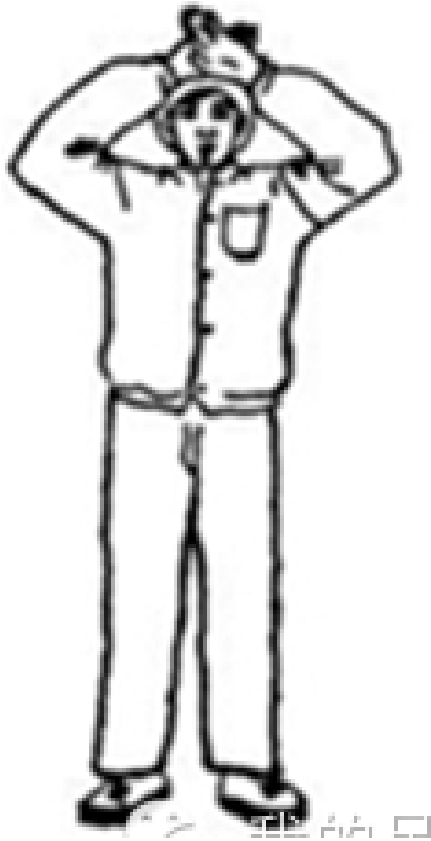


12、缩臂

两手分别握拳, 拳心向上, 拇指对指, 做相向运动 (右图)。

12. Shrink boom

Make a fist with both hands, with the heart of the fist facing upwards, and the thumbs facing each other, doing opposite movements (Pictured on the right).



13、工作结束

双手五指伸开，在额前交叉（右图）。

13. End of work

Extend your hands with five fingers and cross your forehead (pictured on the right).