



## Les principes de pliage à la machine

(Sources : Heidelberg - Techniques de pliage - impression-juillet 2004)

Deux techniques sont courantes pour l'opération de pliage mécanique : le pliage par couteaux et le pliage par poches. Il est possible d'utiliser un de ces deux principes seul ou de combiner les deux techniques dans une machine.

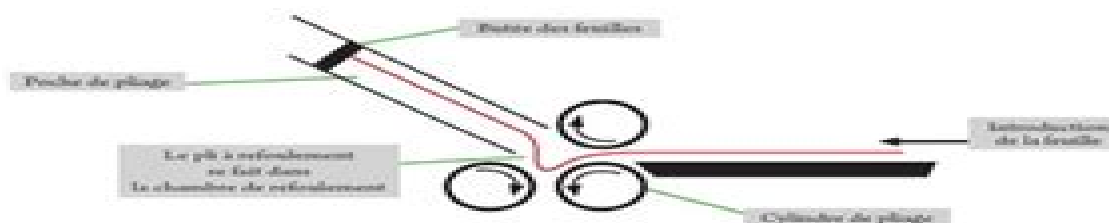
### 1. Le pliage par couteaux

Ce procédé nécessite un couteau verticalement amovible et deux cylindres de pliage contre-rotatifs. En passant par le groupe de pliage, la feuille est transportée du margear jusqu'à la butée de feuilles et, après un bref temps de séjour, elle est prise entre les cylindres par la descente verticale du couteau de pliage. L'action des cylindres contre-rotatifs permet ainsi de former le pli. La vitesse de pliage est fonction de la cadence du couteau. L'écart entre les deux cylindres de pliage doit absolument correspondre à l'épaisseur du papier à plier.



### 2. Le pliage par poches

Pour cette technique de pliage, il faut une poche et trois cylindres pour former un groupe. Les deux premiers cylindres verticalement superposés introduisent la feuille dans la poche jusqu'à la butée de feuilles qui est réglable à volonté. La feuille est introduite dans la poche avec une vitesse adaptée à la qualité du papier. Lorsque le bord avant de la feuille arrive sur la butée, la feuille continue son avancée et un pli à refoulement se produit entre les deux cylindres contre-rotatifs du bas. Ce pliage se fait en continu, il n'est donc pas lié à une certaine cadence d'où résultent les rendements de pliage importants. Chaque groupe de pliage standard peut recevoir jusqu'à 6 poches placées alternativement en haut ou en bas. Les poches non utilisées sont remplacées par des déflecteurs de feuilles qui permettent ainsi de sauter une ou plusieurs poches.



### 3. Pliures combinées

La pliure combinée est la combinaison d'une pliure à poches et d'une pliure à couteaux. Il est ainsi possible d'utiliser les avantages des deux systèmes sur une seule machine. Les pliures combinées ont une très grande flexibilité et sont peu encombrantes. Les pliures d'aujourd'hui travaillent avec des réglages électroniques, un asservissement et un contrôle permanent de la production. Le déplacement des feuilles imprimées et des feuilles pliées est facilité par différents margear et systèmes de sortie.

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web mar 3 2022 auch beim sport wird eine erhöhte herzfrequenz angestrebt jedoch wird dadurch das herz trainiert denn das training wird wieder unterbrochen worauf eine ruhephase folgt im gegensatz dazu schlägt bei stress das herz dauerhaft zu schnell und es kommt zur ermüdung

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web nov 29 2021 ein guter start ist etwa dreimal die woche eine halbe stunde moderates ausdauertraining und zweimal die woche fünf bis sechs krafttraining Übungen oder täglich 15 bis 20 minuten die nach und nach gesteigert werden unter moderatem training verstehen herzexperten rund hundert schritte pro minute oder 3 000 schritte in 30 minuten

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web apr 26 2017 forscher der american heart association raten viermal wöchentlich eine viertelstunde lang entspannungs Übungen wie yoga oder progressive muskel entspannung durchzuführen das reduziert das herzinfarkt risiko um rund 50 prozent und sorgt für ein gesundes herz