

# MANUAL HANDLING

Angkat dengan kakimu  
Jaga punggung tetap lurus  
Ketahuilah batasanmu



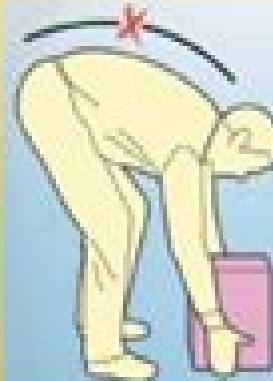
## Mendaki jika tugas Anda

Keseimbangan adalah kunci untuk menjaga agar punggung tetap lurus. Pastikan kaki Anda selalu berada di bawah bahu.



## Pertahankan kaki Anda tegak

Pertahankan kaki Anda tegak saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Kendalikan postur Anda

Mengendalikan postur Anda saat mengangkat beban sangat penting. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Angkat dengan kakimu

Teknik angkat menggunakan kaki adalah cara yang paling aman untuk mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Jaga punggung tetap lurus

Kaki Anda adalah pengungkit utama saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

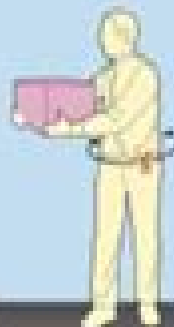


## Pegang benda dengan kedua tangan dan angkat dengan lutut

Jangan mengangkat benda berat yang berada di atas kepala atau di bawah lutut. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

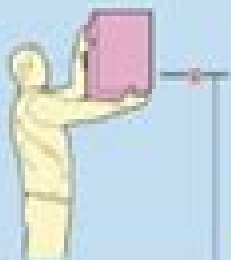
## Hindari mengangkat dari atas kepala atau dari bawah lutut

Jangan mengangkat benda berat yang berada di atas kepala atau di bawah lutut. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Jangan mengangkat atau menurunkan saat Anda mengangkat atau menurunkan

Jangan mengangkat atau menurunkan beban saat Anda sedang mengangkat atau menurunkan. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

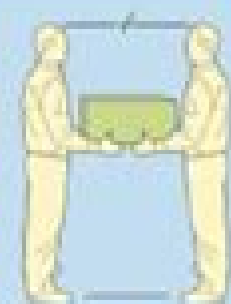


## Kontrol ukuran beban jika memungkinkan

Sebelum mengangkat beban, pastikan Anda tahu berapa beratnya. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

## Gunakan alat bantu angkat

Alat bantu angkat seperti troli atau forklift dapat membantu mengurangi risiko cedera. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Dasar yang mengangkat

Dasar yang mengangkat adalah bagian dari tubuh yang menopang beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Ketahui batasanmu

Setiap orang memiliki batasan yang berbeda-beda. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

# International Manual Handling Standards

**CO Houle**



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