

MANUAL HANDLING

Angkat dengan kakimu
Jaga punggung tetap lurus
Ketahuilah batasanmu



Mendaki objek tugas Anda

Konvensional adalah cara yang paling aman untuk mengangkat beban. Pastikan Anda selalu menggunakan teknik yang benar.

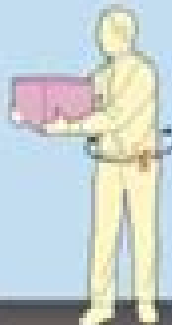


Posisikan kaki Anda dengan benar

Posisikan kaki Anda dengan benar untuk menjaga keseimbangan dan stabilitas. Pastikan Anda selalu menggunakan teknik yang benar.

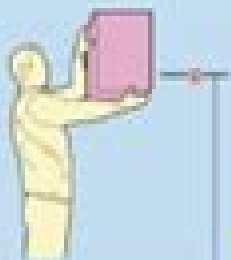
Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

Hal ini dapat meningkatkan risiko cedera punggung dan leher. Pastikan Anda selalu menggunakan teknik yang benar.



Jangan mengangkat atau menurunkan saat Anda mengangkat atau menurunkan

Menurunkan beban dengan cara yang benar dapat mengurangi risiko cedera punggung dan leher.



Kendalikan berat Anda

Mengetahui berat objek yang akan diangkat dapat membantu Anda menentukan apakah Anda siap untuk mengangkatnya.

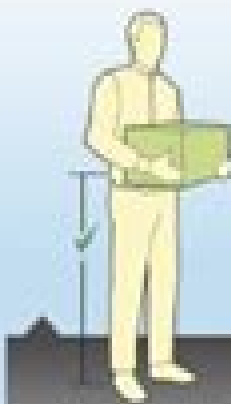
Angkat dengan lutut

Teknik ini dapat membantu mengurangi risiko cedera punggung dan leher. Pastikan Anda selalu menggunakan teknik yang benar.



Jaga punggung tetap lurus

Ketika Anda mengangkat atau menurunkan beban, pastikan punggung Anda tetap lurus. Pastikan Anda selalu menggunakan teknik yang benar.

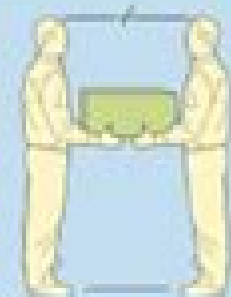


Pegang benda setinggi pinggang dan angkat dengan lutut

Hal ini dapat membantu mengurangi risiko cedera punggung dan leher. Pastikan Anda selalu menggunakan teknik yang benar.

Gunakan alat bantu angkat

Alat bantu angkat dapat membantu mengurangi risiko cedera punggung dan leher. Pastikan Anda selalu menggunakan teknik yang benar.



Dasar yang mengangkat

Dasar yang mengangkat dapat membantu mengurangi risiko cedera punggung dan leher. Pastikan Anda selalu menggunakan teknik yang benar.



Ketahui batasanmu

Mengetahui batasanmu dapat membantu mengurangi risiko cedera punggung dan leher. Pastikan Anda selalu menggunakan teknik yang benar.

International Manual Handling Standards

Xiaolong Qi



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