

MANUAL HANDLING

Angkat dengan kakimu
Jaga punggung tetap lurus
Ketahuilah batasanmu



Mendari objek tugas Anda

Ketahuilah bahwa Anda harus menghindari objek tugas Anda yang berada di atas kepala Anda. Hal ini dapat menyebabkan cedera leher atau kepala.

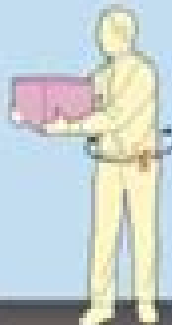


Posisikan kaki Anda dengan benar

Ketahuilah bahwa Anda harus menjaga kaki Anda tetap lurus dan tidak menekuk. Hal ini dapat menyebabkan cedera punggung atau lutut.

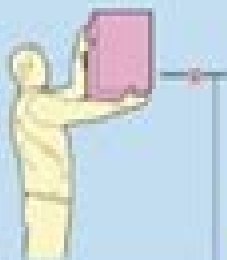
Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

Hal ini dapat menyebabkan cedera leher atau punggung. Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut.



Jangan menangkupkan atau memukulnya saat Anda mengangkat atau menurunkan

Menangkupkan atau memukulnya dapat menyebabkan cedera punggung atau lutut.



Kendalikan berat Anda

Mengetahui berat objek yang akan diangkat dapat membantu Anda menghindari cedera punggung atau lutut.



Angkat dengan kakimu

Teknik ini melibatkan mengangkat objek dengan kaki Anda, bukan dengan punggung atau lutut.



Jaga punggung tetap lurus

Ketahuilah bahwa punggung Anda harus tetap lurus saat mengangkat objek. Hal ini dapat membantu menghindari cedera punggung.

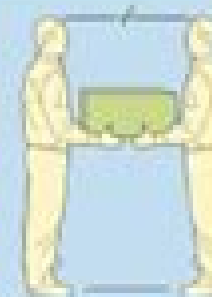


Pegang benda setinggi pinggang dan below dengan lutut

Hal ini dapat membantu menghindari cedera punggung atau lutut. Pegang benda setinggi pinggang dan below dengan lutut.

Gunakan alat bantu angkat

Alat bantu angkat dapat membantu Anda menghindari cedera punggung atau lutut. Gunakan alat bantu angkat yang sesuai.



Dasar yang mengangkat

Dasar yang mengangkat dapat membantu Anda menghindari cedera punggung atau lutut. Gunakan dasar yang sesuai.



Ketahui batasanmu

Ketahui batasanmu. Hal ini dapat membantu Anda menghindari cedera punggung atau lutut. Ketahui batasanmu.

Manual Handling When Pregnant

ML Yell



Manual Handling When Pregnant:

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