

MANUAL HANDLING

Angkat dengan kakimu
Jaga punggung tetap lurus
Ketahuilah batasanmu



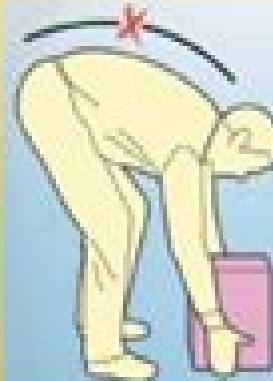
Menaruh kedua kaki Anda

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.



Posisikan kaki Anda dengan benar

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.



Rangkaikan pinggang Anda

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.



Angkat dengan lututmu

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.



Jaga punggung tetap lurus

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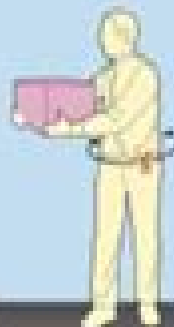


Pegang benda dengan erat dan jaga punggung tetap lurus

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.

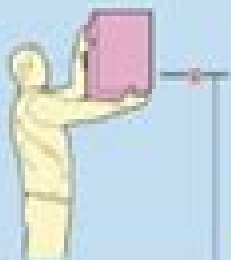
Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.



Jangan mengangkat atau menurunkan beban dari atas kepala atau dari bawah setinggi lutut

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.

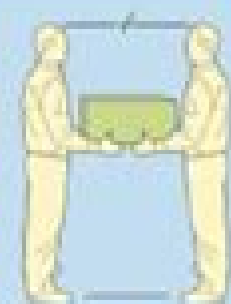


Kontrol ukuran beban bila mengangkat

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.

Gunakan alat bantu angkat

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.



Dasar yang mengangkat

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.



Ketahui batasanmu

Sebelum mengangkat atau menurunkan beban, pastikan kedua kaki Anda berada di sisi yang berbeda dari beban. Ini akan membantu Anda menjaga keseimbangan.

Manual Handling Policy Procedures Restaurant

S Nieto



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Monitor ,1996 **Labor Relations Reference Manual** ,1981 Vols 9 17 include decisions of the War Labor Board
 Restaurant Management ,1941 *The Dairy World* ,1947 **The Certified Public Accountant** ,1927 **Beverage**
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