

# MANUAL HANDLING

Angkat dengan kakimu  
Jaga punggung tetap lurus  
Ketahuilah batasanmu



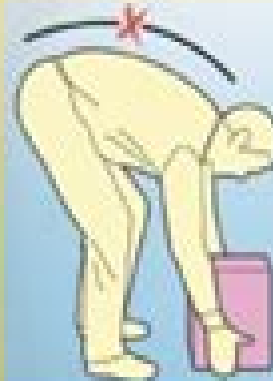
## Mendari objek tugas Anda

Ketahuilah bahwa Anda harus selalu menjaga jarak yang aman dari objek tugas Anda. Jangan berdiri terlalu dekat dengan objek tugas Anda.



## Posisikan kaki Anda dengan benar

Ketahuilah bahwa Anda harus selalu menjaga jarak yang aman dari objek tugas Anda. Jangan berdiri terlalu dekat dengan objek tugas Anda.



## Kendalikan postur Anda

Mengetahui cara yang benar untuk mengendalikan postur Anda saat mengangkat atau menurunkan beban sangat penting.



## Angkat dengan kakimu

Teknik angkat menggunakan kaki Anda saat mengangkat atau menurunkan beban sangat penting.



## Jaga punggung tetap lurus

Ketahuilah bahwa punggung Anda harus selalu tetap lurus saat mengangkat atau menurunkan beban. Jangan membungkuk atau memutar punggung Anda.

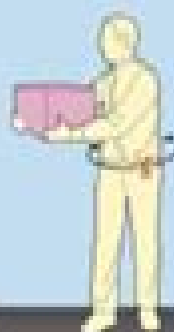


## Pegang benda dengan erat dan jaga punggung tetap lurus

Jaga agar punggung Anda tetap lurus saat memegang benda. Jangan membungkuk atau memutar punggung Anda.

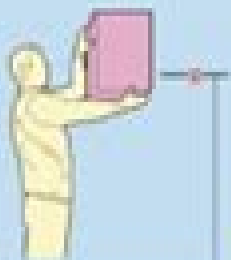
## Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

Anda harus menghindari mengangkat atau menurunkan beban dari atas kepala atau dari bawah setinggi lutut. Hal ini dapat meningkatkan risiko cedera.



## Jangan menangkupkan atau memutar saat Anda mengangkat atau menurunkan

Menangkupkan atau memutar saat mengangkat atau menurunkan beban dapat meningkatkan risiko cedera.

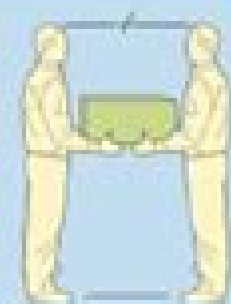


## Kontrol ukuran beban bila memungkinkan

Sebelum mengangkat atau menurunkan beban, pastikan Anda mengetahui beratnya. Jangan mengangkat beban yang terlalu berat.

## Gunakan alat bantu angkat

Alat bantu angkat dapat membantu Anda mengangkat atau menurunkan beban dengan lebih aman. Pastikan Anda menggunakan alat bantu angkat dengan benar.



## Dasar yang mengangkat

Dasar yang mengangkat harus selalu digunakan dengan benar. Pastikan Anda menggunakan dasar yang sesuai untuk beban yang diangkat.



## Ketahui batasanmu

Setiap orang memiliki batasan yang berbeda-beda. Pastikan Anda mengetahui batasan Anda sendiri. Jangan mengangkat beban yang terlalu berat atau terlalu sering.

# Manual Handling Guidance Regulations

**Sebastian Brünink**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Manual Handling Guidance Regulations:**

**Manual Handling in Health and Social Care** Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety

**Guide to Manual Materials Handling A.** Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person's capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives

*Ultimate Guide to Manual Handling* Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

*Manual Handling* Great Britain, Health and Safety Executive Staff, Great Britain. Health and Safety Executive, 2016-09

**Manual Handling in Health and Social Care, Second Edition** Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases

**Legal Aspects of Physiotherapy** Bridgit C. Dimond, 2009-06-15 In a revised and expanded version of this popular title Bridgit Dimond provides an essential reference for physiotherapists covering both conventional and specialist legal situations in reader friendly terms Legal Aspects of Physiotherapy contains brand new clinical case studies that guide the reader informatively through a cornucopia of legal issues that may arise in the practice of physiotherapy Reading this book practitioners will develop the knowledge and awareness to deal confidently with the implications of legal scenarios arming them with the knowledge to protect both clients and themselves

**Second Evaluation of the Manual Handling Operations Regulations (1992) and Guidance** Health And Safety Executive Staff, Rebecca Lancaster, Andrew Alder, Catherine Jacobson Maher, Entec UK Limited, Great Britain. Health and Safety Executive, Entec, 2001-06-11 Manual handling is a major cause of injury and ill health in the workplace To implement the European Directive on the manual

handling of loads 90 269 EEC the Manual Handling Operations Regulations 1992 MHOR were introduced from 1 January 1993 A first evaluation study of the impact of the Regulations in 1996 found employers had accepted the need to control risks associated with manual handling and they found the ergonomic approach adopted by the Regulations to be an appropriate means of doing this Manual handling,1996 **Manual Handling** Health and Safety Executive,1992 **The Handbook of Health and Safety Practice** Jeremy W. Stranks,2005 The seventh edition has been fully updated in line with current legislation and recent thinking in the field It incorporates both legal and practical concerns and is allied closely to the syllabi of NEBOSH IOSH and the CIEH examinations *Manual handling* Great Britain. Forestry Commission,Health and Safety Commission,1992 **The Safe Handling of Chemicals in Industry, 2 Volume Set** P. A. Carson,C. J. Mumford,1988 This two volume set describes how chemical hazards can be identified quantified and controlled It describes the risks associated with flammable explosive toxic corrosive radioactive and reactive substances and presents methods for assessing danger and the control procedures for each **Manual Handling: Guidance on Regulations. (Hse Six Pack L23).** Health & Safety Executive,1997 **Sheet Metal Industries**,1993 **Manual Handling** Great Britain. Health and Safety Executive,1992 This publication is aimed at employers and employees across all industries It gives revised guidance on the Manual Handling Operations Regulations 1992 *Cyclopedia of Law and Procedure* William Mack,Howard Pervear Nash,1907 Standards in the Museum Care of Musical Instruments 1995 Great Britain. Museums and Galleries Commission,1995 **Kent Guide Manual (Harrison Narcotic Law) and ProgeSSIONal Registry, Physicians, Dentists, Druggists, and Veterinarians, with List of Nurses, United States Internal Revenue Collection District No. 1, State of California, Including Forty-eight Counties of Northern California and the State of Nevada ...** John E. Kent,1917 *Manual Handling* Great Britain. Health and Safety Executive,1992 Manual handling causes large numbers of injuries each year This guide gives advice on new regulations which replace the old legislation with a modern ergonomic approach For the purposes of risk assessment and this guidance manual handling includes lowering pushing pulling moving of lifting loads whether by hand or by other bodily force **Labour Research**,2004

## The Enigmatic Realm of **Manual Handling Guidance Regulations**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Manual Handling Guidance Regulations** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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