

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 cara ini.



Pindahkan kaki Anda ke depan

Pindahkan kaki Anda ke depan dan angkat beban dengan cara ini. Pastikan Anda selalu menggunakan cara ini.

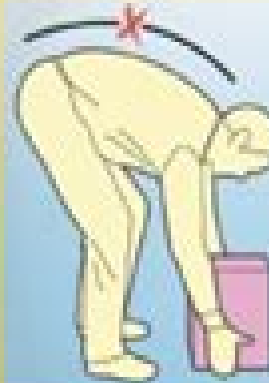
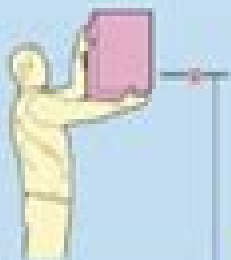
Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

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



Jangan menangkupkan atau memutar kaki Anda saat mengangkat atau menurunkan

Menangkupkan atau memutar kaki dapat meningkatkan risiko cedera punggung dan leher.



Kendalikan berat Anda

Mengetahui berat objek yang akan diangkat sangat penting. Pastikan Anda selalu menggunakan cara ini.



Angkat dengan lututmu

Teknik ini sangat penting untuk mengangkat beban berat. Pastikan Anda selalu menggunakan cara ini.



Jaga punggung tetap lurus

Ketika Anda mengangkat beban, pastikan punggung Anda tetap lurus. Pastikan Anda selalu menggunakan cara ini.

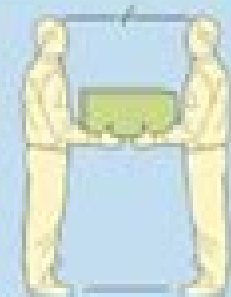


Pegang benda setinggi pinggang dan angkat dengan lutut

Angkat dengan lutut dan jaga punggung tetap lurus. Pastikan Anda selalu menggunakan cara ini.

Gunakan alat bantu angkat

Alat bantu angkat dapat membantu mengurangi risiko cedera punggung dan leher. Pastikan Anda selalu menggunakan cara ini.



Dua orang mengangkat

Gunakan dua orang untuk mengangkat beban berat. Pastikan Anda selalu menggunakan cara ini.



Ketahui batasanmu

Mengetahui batasanmu sangat penting untuk menghindari cedera. Pastikan Anda selalu menggunakan cara ini.

Manual Handling When Pregnant

JE Gale



Manual Handling When Pregnant:

Unveiling the Magic of Words: A Review of "**Manual Handling When Pregnant**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Manual Handling When Pregnant**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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