

MANUAL HANDLING

Angkat dengan kakimu
Jaga punggung tetap lurus
Ketahuilah batasanmu



Mendaki jika tugas Anda

Keseimbangan adalah kunci untuk menjaga agar punggung tetap lurus. Pastikan kaki Anda selalu berada di bawah tangan Anda.



Posisikan kaki Anda dengan tepat

Pastikan bahwa kaki Anda selalu berada di bawah tangan Anda. Ini akan membantu menjaga punggung tetap lurus.



Kendalikan berat Anda

Mengetahui berat barang yang akan diangkat sangat penting. Jika barang terlalu berat, jangan mengangkatnya.



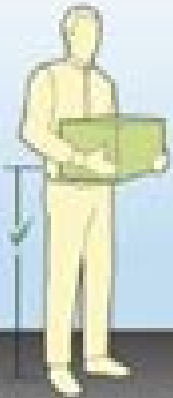
Angkat dengan lututmu

Teknik ini sangat penting untuk menjaga punggung tetap lurus. Angkat dengan lututmu, bukan dengan punggungmu.



Jaga punggung tetap lurus

Kaki Anda adalah penyangga utama. Pastikan punggung Anda tetap lurus saat mengangkat barang.

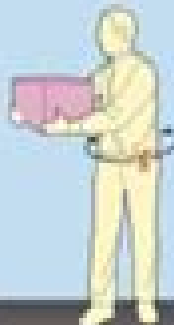


Pegang benda dengan erat dan dekat dengan tubuh

Jangan berpegang longgar pada benda yang diangkat. Pegang dengan erat dan dekat dengan tubuh untuk menjaga keseimbangan.

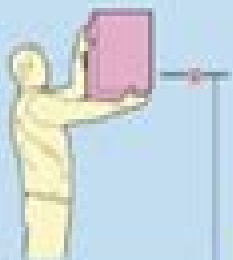
Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

Area ini adalah zona berbahaya. Hindari mengangkat barang dari atas kepala atau dari bawah setinggi lutut.



Jangan menangkupkan atau memutar saat Anda mengangkat atau menurunkan

Menangkupkan atau memutar saat mengangkat atau menurunkan barang dapat menyebabkan cedera punggung.

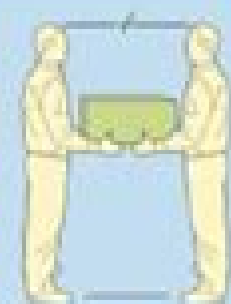


Kontrol ukuran beban jika memungkinkan

Sebelum mengangkat, pastikan beban tidak terlalu berat atau terlalu tinggi.

Gunakan alat bantu angkat

Alat bantu angkat dapat membantu mengurangi risiko cedera punggung saat mengangkat barang.



Dua orang mengangkat

Jika beban terlalu berat, gunakan dua orang untuk mengangkatnya. Pastikan kedua orang tersebut menggunakan teknik yang benar.



Ketahui batasanmu

Setiap orang memiliki batasan yang berbeda-beda. Ketahuilah batasanmu sendiri untuk menghindari cedera.

Manual Handling Teaching Resources

**Health Department of Western
Australia. Human Resources Branch.
Occupational Health Unit**



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