

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 mendaki jika Anda mengangkat atau menurunkan beban.

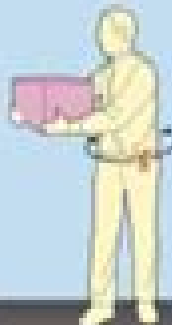


Posisikan kaki Anda dengan tepat

Pastikan bahwa kaki Anda selalu berada di bawah bagian atas tubuh saat Anda mengangkat atau menurunkan beban. Ini membantu menjaga punggung tetap lurus.

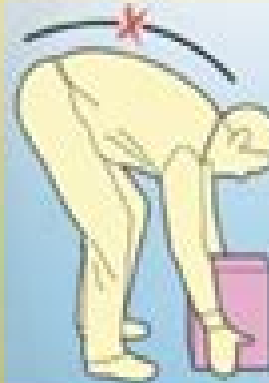
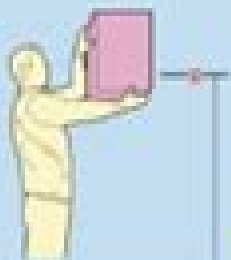
Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

Bea yang diangkat dari atas kepala atau dari bawah setinggi lutut dapat meningkatkan risiko cedera punggung. Selalu gunakan teknik yang aman untuk mengangkat beban.



Jangan menangkupkan atau memutar saat Anda mengangkat atau menurunkan

Menangkupkan atau memutar saat mengangkat atau menurunkan beban dapat meningkatkan risiko cedera punggung. Selalu gunakan teknik yang aman.



Kendalikan berat Anda

Mengetahui berat beban yang akan diangkat sangat penting. Jangan mengangkat beban yang terlalu berat.



Angkat dengan lututmu

Teknik ini sangat penting untuk menjaga agar punggung tetap lurus saat mengangkat beban. Selalu gunakan teknik yang aman.



Jaga punggung tetap lurus

Kaki Anda menjaga punggung tetap lurus. Pastikan kaki Anda selalu berada di bawah bagian atas tubuh saat mengangkat beban.

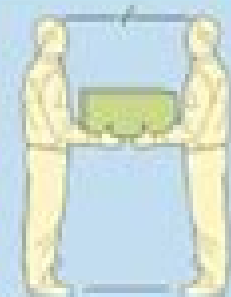


Pegang benda setinggi pinggang dan angkat dengan lutut

Angkat dengan punggung lurus dan kaki Anda. Pastikan punggung tetap lurus saat mengangkat beban. Selalu gunakan teknik yang aman.

Gunakan alat bantu angkat

Alat bantu angkat dapat membantu mengurangi risiko cedera punggung saat mengangkat beban. Selalu gunakan alat bantu angkat yang tepat.



Dua orang mengangkat

Jika beban terlalu berat untuk diangkat sendiri, gunakan dua orang. Pastikan kedua orang menggunakan teknik yang aman.



Ketahui batasanmu

Setiap orang memiliki batasan yang berbeda-beda. Pastikan Anda selalu menggunakan teknik yang aman saat mengangkat beban. Selalu gunakan teknik yang aman.

Manual Handling Policy Procedures Restaurant

Julia Schneider



Manual Handling Policy Procedures Restaurant:

The Complete Idiot's Guide to Starting Your Own Restaurant Howard Cannon, 2002 Offers advice on opening a restaurant including site selection marketing staff management menu pricing kitchen organization and cash overages

Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.), 1973 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index

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Personnel Policy Handbook William S. Hubbartt, 1993 Here s a guide for all managers charged with creating and updating their company s human resource policy manuals This definitive handbook not only covers all areas of employee relations it also tackles the full range of critical contemporary HR issues such as AIDS substance abuse and chemical safety Managers can take advantage of how to instructions to organize and write a manual timesaving checklists and worksheets and invaluable tips on how to write personnel policies that lead to clear understanding and interpretation Alerting the reader to legal pitfalls the handbook covers employment policies leaves of absence pay discipline and discharge benefits union relations and more Plus its 100 helpful illustrations include sample forms flow charts and a complete sample policy manual

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