

# MANUAL HANDLING

Angkat dengan kakimu  
Jaga punggung tetap lurus  
Ketahuilah batasanmu



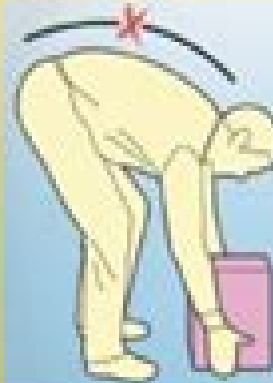
## Mendaki jika tugas Anda

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



## Pertahankan kaki Anda tegak

Pertahankan kaki Anda tegak saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Kendalikan postur Anda

Kendalikan postur Anda saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



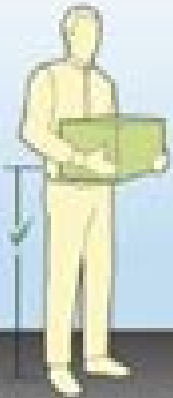
## Angkat dengan kakimu

Angkat dengan kakimu saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Jaga punggung tetap lurus

Jaga punggung tetap lurus saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Pegang benda dengan kedua tangan

Pegang benda dengan kedua tangan saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

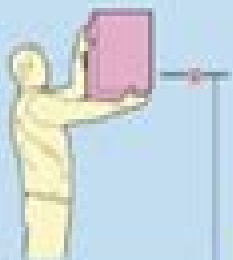
## Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut

Hindari mengangkat dari atas kepala atau dari bawah setinggi lutut. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Jangan menangkupkan atau memutar saat Anda mengangkat atau menurunkan

Jangan menangkupkan atau memutar saat mengangkat atau menurunkan beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

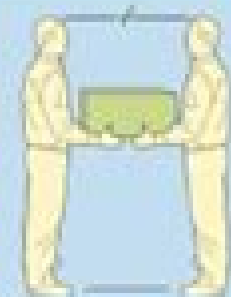


## Kontrol ukuran beban bila memungkinkan

Kontrol ukuran beban bila memungkinkan. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

## Gunakan alat bantu angkat

Gunakan alat bantu angkat saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Dasar yang mengangkat

Dasar yang mengangkat saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.



## Ketahui batasanmu

Ketahui batasanmu saat mengangkat beban. Pastikan punggung tetap lurus dan lutut Anda selalu berada di bawah bahu.

# Manual Handling Teaching Resources

**Lauren Gardner**



## **Manual Handling Teaching Resources:**

*TRAM 11, Training Resources Applied to Mining* Michael J. Klishis, Ann Payne, 1985      **Resources in Education**  
,1977-12      *Resources in Vocational Education* ,1978      **Resources in Education** ,1993      **Resources in Vocational**  
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State of New York,1917      **Annual Report of the Education Department** University of the State of New York,1917  
*Proceedings of a Conference Held at ...* TRAM.,1984      *Education for Social Work* Jesse Frederick Steiner,1921

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