

## Analisis risiko musculoskeletal disorders (MSDs) menggunakan metode rapid entire body assessment (REBA) di workshop steel tower PT. Bukaka Teknik Utama tahun 2009

Dina Yasmin Albugis, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=124280&lokasi=lokal>

---

### Abstrak

Skripsi ini membahas tingkat risiko MSDs pada proses kerja yang ada di workshop Steel Tower PT. BTU dengan menggunakan metode REBA. Penilaian terhadap aktivitas kerja dilakukan dengan mengamati postur (badan, leher, kaki, bahu, siku, dan pergelangan tangan), load/force, coupling, dan activity. Hasil penelitian mengungkapkan dari 13 aktivitas kerja yang diteliti berada pada risk level medium dengan kebanyakan faktor risiko pada bagian punggung, leher, bahu, dan pergelangan tangan. Hasil penelitian menyarankan perlu adanya perbaikan secara engineering, seperti melakukan perubahan desain ketinggian meja kerja dan secara administratif, seperti penempatan pekerja sesuai postur tubuh, pengaturan waktu istirahat disela-sela waktu kerja, serta olah raga.

.....The focus of this study is risk level of MSDs at Steel Tower workshop's activity in PT. BTU, with REBA method. The focus from this activity assessment are posture (trunk, neck, legs, shoulders, elbows, and wrists), load/force, coupling, and activity. The result from this 13 activity is at risk level medium with the most risk at the back, neck, shoulders, and wrists. The suggests are need for a change in engineering, like change the high of worksurface and in administrative, like locate the worker fit with their posture, setting the break time in the middle time of work, and do sport. Key words : MSDs, REBA, risk level, posture.