

## Gambaran tingkat risiko ergonomi pada penjual jamu gendong di daerah Cipinang Besar Selatan pada bulan Mei 2011 = Description of ergonomic risk level for herbal medicine carried seller in Cipinang Besar area on year 2011

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### Abstrak

Di perkotaan khususnya daerah Jakarta, keberadaan penjual jamu gendong keliling ditemukan. Jamu dijual dengan cara digendong sehingga menimbulkan risiko ergonomi. Tujuan dari penelitian ini adalah mengetahui gambaran tingkat risiko ergonomi pada penjual jamu gendong di daerah Cipinang Besar Selatan pada bulan Mei - Juni 2011. Penelitian ini menggunakan desain studi cross sectional. penilaian menggunakan metode REBA dengan melakukan pengukuran pada Postur (Postur leher, Postur Punggung, Postur Lengan atas & bawah, Postur Pergelangan tangan serta Postur kaki), Beban, Pegangan, Durasi, Frekuensi. Berdasarkan hasil pengukuran REBA pada saat menurunkan bakul jamu didapatkan skor +9. Pada saat Meracik didapatkan skor +1 (sisi kanan) dan +3 (sisi kiri). Pada saat menaikkan bakul, lengan kanan didapatkan skor +10 dan lengan kiri skor +11. Serta pada saat berjalan didapatkan skor +5. ....Particularly in urban areas of Jakarta, where herbalist carrying around is not difficult and the seller is selling medicinal herbs in a way that raises the risk of ergonomic sling. The purpose of this study was to determine the level of ergonomic risk picture at herbalist in the area carry the Big South Cipinang in May-June 2011. This study used cross-sectional study design. To determine the risk level on the herbalist ergonomic carrying current work activity, with assessment using REBA method by performing measurements on posture (neck Posture, Posture Back, Posture upper & lower arm, wrist posture and the posture of the foot), Burden, Handle, Length, frequency. Based on the measurement results at the lower basket REBA herbs obtained scores +9. At the time of dispensing obtained score +1 (right side) and +3 (left side). Raise the basket at the time, obtained the right arm and left arm score +10 score +11. As well as running obtained score +5.