

# Kajian aktivitas manual handling terhadap risiko low back pain pada pekerja maintenance di hanggar pusat produksi PT. Dirgantara Indonesia, Bandung tahun 2018 = Study of manual handling activity against low back pain risk in maintenance workers in hanggar production center PT. Dirgantara Indonesia, Indonesian aerospace Bandung 2018

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20473986&lokasi=lokal>

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## Abstrak

Penelitian ini dilakukan pada proses kerja pekerja maintenance di Hanggar Pusat Produksi PT. Dirgantara Indonesia. Tujuan dari penelitian ini yaitu untuk menjelaskan risiko low back pain pada aktivitas manual handling. Penelitian ini menggunakan desain cross sectional dengan menggunakan metode MAC Manual Handling Assessment Chart dan RAPP Risk Assessment of Pushing and Pulling untuk menilai risiko terkait postur janggal, beban kerja, frekuensi, dan durasi pekerjaan. Terdapat proses kerja terkait aktivitas manual handling yaitu proses perbaikan mesin pembuatan tools pesawat dan penggantian coolant.

Hasil penelitian ini menunjukkan bahwa terdapat hubungan antara aktivitas manual handling terhadap risiko low back pain yaitu lifting, carrying, team handling dan pushing / pulling p-value 0.000 . Berdasarkan skor MAC dan RAPP hasil skor lifting 8-14, skor carrying 7-13, skor team handling 10-16 dan skor pushing / pulling dengan menggunakan medium equipment 7-13. Sedangkan untuk hasil faktor individu menunjukkan tidak terdapat hubungan dengan risiko low back pain.

.....The research was done in the work process of maintenance workers in Hanggar Production Center PT. Dirgantara Indonesia Aerospace Industries . The purpose is explaining low back pain risk in manual handling activity. The research uses cross sectional design along with MAC Manual Handling Assessment Chart and RAPP Risk Assessment Of Pushing and Pulling to assess the risk associated with odd posture, workload, frequency, and duration of work. There are two processes associated with manual handling activity are process of repairing machine, making airplane tools, and changing the coolant.

The result is having a relationship between manual handling activity with low back pain p value 0.000 . Such as lifting, carrying, team handling and pushing pulling based on score MAC and RAPP with lifting score 8 14, carrying score 7 13, team handling score 10 16 and pushing pulling with used medium equipment score 7 13. However, the result of individual factor does not have a relation with low back pain risk.