

Analisis Faktor Risiko yang Mempengaruhi Postur Kerja Terhadap Keluhan Musculoskeletal Disorders (MSDs) Pada Pekerja di Laboratorium Aplikasi Makanan dan Minuman PT X = Analysis of Risk Factors that Effect the Working Posture of Workers with Musculoskeletal Disorders Symptomms at Food and Beverage Application Laboratory of PT X

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Abstrak

ABSTRAK

Pekerja di Laboratorium Aplikasi Makanan dan Minuman PT X wilayah Jakarta Pusat berpotensi terkena risiko Musculoskeletal Disorders (MSDs). Hal ini dikarenakan pekerja melakukan aktivitas berulang dengan adanya penambahan beban angkut dan postur kerja yang janggal. Untuk mengurangi keluhan MSDs, peneliti melakukan analisis faktor risiko postur kerja dengan metode deskriptif analitik menggunakan instrumen Rapid Entire Body Assestment (REBA), menyebarkan kuesioner terhadap keluhan MSDs dengan Nordic Body Map (NBM), pengukuran faktor risiko individu (jenis kelamin, antropometri), pengukuran faktor lingkungan (intensitas cahaya, suhu, dan kelembaban), faktor peralatan (meja kerja). Hasil pengukuran faktor lingkungan kerja (suhu, kelembaban, intensitas cahaya) tidak memenuhi syarat sehingga diperlukan adanya tindakan perbaikan. Penelitian ini dilakukan dengan metode total sampling yaitu seluruh aktivitas (7 aktivitas). Untuk hasil pengukuran postur kerja menggunakan REBA menunjukkan 1 aktivitas berisiko sedang, 3 aktivitas berisiko tinggi, 3 aktivitas berisiko sangat tinggi. Keluhan MSDs pekerja selama 1 minggu dan 1 tahun terakhir, para pekerja di laboratorium aplikasi makanan dan minuman PT X mengeluhkan dibagian leher atas, bahu kiri, lutut kanan kiri, kaki kanan kiri.

<hr>ABSTRACT

Workers at the Central Jakarta Food and Beverage Application Laboratory PT X decided the risk of Musculoskeletal Disorders (MSDs). This is related to workers who carry out repetitive activities with the burden carried and awkward work postures. To reduce MSD complaints, researchers conducted a risk factor analysis of work posture with a descriptive analytical method using the Rapid All Body Assessment (REBA) instrument, asking for a questionnaire against MSD complaints with Nordic Body Map (NBM), measuring individual risk factors (gender, anthropometry) Measurement of environmental factors (light intensity, temperature, and humidity), equipment factors (work table). The results of the measurement of work environment factors (temperature, humidity, light intensity) This study was carried out by the total sampling method, namely all activities (7 activities). For the results of the measurement of work posture using REBA showing 1 medium risk activity, 3 high-risk activities, 3 very high-risk activities. MSD complaints of workers for the past 1 week and 12 months, workers in the PT X food and beverage application laboratory complained about the upper neck, left shoulder, left right knee, right left leg.

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