

## Evaluasi Postur Kameramen Saat Pengambilan Gambar Film dengan Menggunakan Metode RULA, REBA, dan Perekaman Postur = Cameramen Posture Evaluation During Film Shooting using RULA, REBA, and Posture Recording Method

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### Abstrak

Kameramen merupakan suatu pekerjaan yang akan memiliki peran penting dalam industri perfilman dan konten *Over-The-Top* (OTT). Dengan adanya tren peningkatan konsumsi film dan konten OTT, terutama di Indonesia, terdapat peningkatan permintaan pasar akan film dan konten OTT. Hal ini membuat kru produksi terutama kameramen menjadi korban atas keinginan production house untuk dapat memproduksi episode sebanyak-banyaknya. Dalam 6 hari kerja, kameramen dapat bekerja 12 jam non-stop ditambah banyaknya tekanan fisiologis dan lingkungan. Kondisi inilah yang sering kali menyebabkan kameramen mengalami insiden *Work-Related Musculoskeletal Disorder* (WMSD). Berdasarkan hal tersebut, peneliti melakukan analisis mengenai pekerjaan kameramen dengan metode *Cornell Musculoskeletal Disorder Questionnaire* (CMDQ) dan evaluasi terhadap postur kameramen pada saat pengambilan gambar menggunakan metode *Rapid Upper Limb Assessment* (RULA) dan *Rapid Entire Body Assessment* (REBA) untuk membandingkan postur tubuh sebelum dan sesudah adanya intervensi. Dengan adanya risiko WMSD terhadap postur kameramen, peneliti menggunakan *framework Hazardous Manual Task Assessment* dan *Hierarchy of Control* untuk mengetahui sumber risiko dan bentuk pengendaliannya. Dari penggunaan framework tersebut, dihasilkan beberapa kombinasi pengendalian risiko dengan mempertimbangkan biaya investasi dari pengimplementasian kombinasi tersebut. Melalui proyeksi penerapan kombinasi pengendalian risiko, peneliti melakukan analisis RULA dan REBA setelah adanya intervensi tersebut. Sehingga, dapat disimpulkan bahwa kombinasi pengendalian risiko dapat mengurangi risiko kameramen mengalami WMSD dalam aktivitas pengambilan gambar.

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Cameraman is a job that have an important role in the film industry and *Over-The-Top* (OTT) content. With the increasing trend of film and OTT content consumption, especially in Indonesia, causing an increment of market demand on film and OTT content. However, the production crew especially the cameramen, often are victims of the production house's desire to be able to produce as many episodes as possible. In 6 working days, cameramen can work 12 hours non-stop coupled with physiological and environmental stress. This condition often causes cameramen to experience *Work-Related Musculoskeletal Disorder* (WMSD) incidents. Therefore, the researcher is trying to analyzed cameramen's job using the *Cornell Musculoskeletal Disorder Questionnaire* (CMDQ) method and evaluated the cameraman's posture at the time of shooting using the *Rapid Upper Limb Assessment* (RULA) and *Rapid Entire Body Assessment* (REBA) methods to compare body postures before and after intervention during shooting activity on several postures. With the risk of WMSD on cameraman posture, *Hazardous Manual Task Assessment* framework and *Hierarchy of Control* are used to determine the source of risk and the form of control. From the use of these frameworks, several risk prevention methods combinations are generated by considering the investment costs of

implementing these combinations. The researcher applied a combination of risks, performed RULA and REBA analysis after the intervention. Thus, it can be said that the combinations of risk control can reduce the risk of cameramen experiencing WMSD when shooting activity.