

## Penerapan Metode OCRA untuk pengurangan resiko masalah Ergonomi dan Gangguan Muskuloskeletal di Lini Packaging Detergen PT. X

Erlinda Muslim, author

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### Abstrak

*Operators, doing repetitive action tasks in a cycle, are very susceptible in suffering musculoskeletal disorder. Work Related Musculoskeletal Disorder is a Pain in muscle and tendon skeletal which felt by people whether it is a symptom or serious condition. When all the element and the method of the repetitive action tasks in work system fit with ergonomic standard musculoskeletal disorders will be reduced and all the task can be performed effectively and efficient. Detergent packaging line in PT X consist of 7 work stations do not have any ergonomic standard of work, proven by the packers suffered musculoskeletal disorder. Company would like to identify the root of problem and solve it by using the right method appropriate to the repetitive action job. OCRA (occupational Repetitive Action) method might be appropriate for reducing risk of ergonomics and musculoskeletal disorder at this repetitive action task line. This method found by Occhipinti and Colombini is a quantitative method to identify and reducing risk at repetitive action task specifically for upper limb. From identifying the previous condition. OCRA indexes are resulted 3.77 for right upper limb (risk) and 3.32 for left upper limb (Low risk). Then, by reducing the technical action and eliminating the awkward postures, the OCRA indexes repeatedly count. The result is 0.72 for both upper limbs.*