

## Penilaian postur pekerja komputer di Gedung A14 Wijaya Grand Center tahun 2014 = Computer workers posture evaluation on Wijaya Grand Center A14 Building in 2014

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### Abstrak

[<b>ABSTRAK</b><br>

Pekerjaan perkantoran pada saat ini dituntut untuk memiliki kemampuan yang efektif, efisien, dan tepat waktu. Para pekerja menggunakan komputer untuk menyelesaikan tugasnya. Skripsi ini bertujuan untuk menilai postur pekerja komputer karyawan PT. Shiraco Base Energy, PT. Sumasa Azara, dan PT. Pacific Mitra Bersama yang bertempat di Gedung A14 Wijaya Grand Center pada tahun 2014. Penelitian ini adalah penelitian kuantitatif dengan desain deskriptif. Penilaian postur pekerja ini membandingkan metode ergonomi RULA dan ROSA, dengan hasil yang mengatakan sebagian besar pekerja memiliki tingkat risiko sedang dalam pengukuran RULA, namun hasil yang tinggi dalam pengukuran ROSA. Hasil penelitian menunjukkan betapa pentingnya peranan workstation dalam penentuan risiko ergonomi, menyarankan penggunaan metode ROSA untuk pengukuran risiko ergonomi pada pekerja komputer, melakukan intervensi modifikasi pada workstation, pelatihan, dan melakukan istirahat kerja yang terjadwal.

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<b>ABSTRACT</b><br>

Nowadays, office workers required to have effective, efficient, and timely working skills. Those workers use computer to finish their job or task. This thesis aims to evaluate workers posture in PT. Sumasa Azara, PT. Pacific Mitra Bersama, and PT. Shiraco Base Energy which located on A14 Building, Wijaya Grand Center in 2014. This research is using quantitative research and descriptive design. This posture evaluation research will compare two ergonomic methods, RULA and ROSA. At the end of this research most workers will have Medium score with RULA method assessment, but High score with ROSA. The result suggests, the using of ROSA method for ergonomic computer workers assessment, modification intervention for workers workstation, workers training, and scheduled break., Nowadays, office workers required to have effective, efficient, and timely working skills. Those workers use computer to finish their job or task. This thesis aims to evaluate workers posture in PT. Sumasa Azara, PT. Pacific Mitra Bersama, and PT. Shiraco Base Energy which located on A14 Building, Wijaya Grand Center in 2014. This research is using quantitative research and descriptive design. This posture evaluation research will compare two ergonomic methods, RULA and ROSA. At the end of this research most workers will have Medium score with RULA method

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