

## Penggunaan back support untuk pencegahan low back pain pada pekerja = Back support for prevention low back pain in workers

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### Abstrak

Latar belakang : Penggunaan back support untuk pencegahan low back pain pada pekerja manual handling banyak dianjurkan, walaupun belum dapat dibuktikan efektivitasnya.

Tujuan : Memperoleh bukti apakah back support dapat digunakan untuk pencegahan low back pain pada pekerja.

Metode : Pencarian artikel dengan mempergunakan PubMed dan Google scholar serta kriteria inklusi dan eksklusi yang telah ditentukan sebelumnya. Artikel yang ditemukan kemudian dilakukan telaah dengan mempergunakan kriteria penilaian validitas, besarnya manfaat dan kemampu-terapan.

Hasil : Hasil pencarian didapatkan sebanyak 16 artikel dari PubMed dan 10 artikel dari Google scholar. Hanya 1 artikel ?systematic review? yang memenuhi kriteria inklusi dan eksklusi. Artikel ini selanjutnya dilakukan telaah artikel berdasarkan tinjauan sistematis dengan hasil baik dan dapat dipercaya.

Kesimpulan : Belum diketemukannya bukti yang cukup tentang efektivitas penggunaan back support dalam pencegahan low back pain pada pekerja.

*Background* : The use of back support for prevention low back pain in workers manually handling much recommended although its effectiveness has not been proven yet *Objective* To prove whether a back support can be used for prevention low back pain in workers *Methods* Searching the article by using PubMed and Google scholar as well as inclusion and exclusion criteria predetermined articles were then performed using the assessment criteria of validity the benefits and ability applied *Results* Results were 16 articles from PubMed and 10 articles from Google scholar Only 1 article was found in accordance with the inclusion and exclusion criteria *Background* : The use of back support for prevention low back pain in workers manually handling much recommended, although its effectiveness has not been proven yet.

*Objective* : To prove whether a back support can be used for prevention low back pain in workers.

*Methods* : Searching the article by using PubMed and Google scholar as well as inclusion and exclusion criteria predetermined, articles were then performed using the assessment criteria of validity, the benefits and ability applied.

*Results* : Results were 16 articles from PubMed and 10 articles from Google scholar. Only 1 article was found in accordance with the inclusion and exclusion criteria. The article was then performed a systematic review of articles and the result was valid.

Conclusion : There was insufficient evidence about effectiveness of using a back support in prevention low back pain in workers.</i>