

Gambaran tingkat risiko ergonomi pada pekerja workshop bagian Pressure Control Equipment (PCE) di PT X = An overview of ergonomics risk level to workshopworkers on Pressure Control Equipment (PCE) at PT X / Atikah Fauziyyah

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Abstrak

ABSTRAK

Proses kerja di workshop bagian Pressure Control Equipment (PCE) berisiko terjadinya MSDs pada pekerja. Penelitian ini bertujuan untuk menjelaskan gambaran tingkat risiko ergonomi yang berpotensi menimbulkan musculoskeletal disorders pada pekerja PT. X. Desain studi pada penelitian ini adalah cross sectional, menggunakan metode Rapid Entire Body Assessment (REBA) untuk menilai tingkat risiko ergonomi di tiap tahapan kerja dan Nordic Body Map (NBM) untuk mengetahui letak keluhan terkait MSDs pada pekerja. Hasil penelitian berdasarkan NBM menunjukkan adanya keluhan pada pekerja di bagian punggung, panggul, lengan atas (kanan dan kiri), bahu (kanan dan kiri), lengan bawah (kanan atau kiri), pergelangan tangan (kanan dan kiri) leher bawah, dan kaki (kanan dan kiri). Hasil penilaian berdasarkan metode REBA, terdapat level tindakan 5 pada proses loading, level tindakan 3 pada proses testing tools, level tindakan 5 pada proses perakitan tools, level tindakan 5 pada proses chipping, level tindakan 4 pada proses painting. Memperbaiki desain kerja yang sesuai dengan antropometri pekerja, menyediakan alat bantu angkat untuk aktivitas manual handling, melakukan kegiatan housekeeping, sosialisasi, inspeksi rutin, dan pemberian informasi mengenai bahaya ergonomi di tempat kerja merupakan rekomendasi yang dapat dilakukan untuk mencegah tingginya tingkat risiko ergonomi pada pekerja.

ABSTRACT

Working process in Pressure Control Equipment (PCE) has the risk of MSDs to workers. This study describe the risk level of ergonomic which potentially causing musculoskeletal disorders to workers at PT. X. The design of this study is cross sectional using Rapid Entire Body Assessment (REBA) to assess the ergonomics risk level at each stage of working process and Nordic Body Map (NBM) to know where complaint to know where the complaints related MSDs to workers. Based on the study results using NBM shows that there are complaints on workers in the back, the buttock, the upper arms (left and right), the shoulders (left and right), the lower arms (left and right), the wrist (left and right), lower neck and the foot (left and right). Based on the study results using REBA assessment show that there are action level 5 in the loading process, action level 3 in the testing tools process, action level 5 in the assembling tools process, action level 5 in the chipping process, action level 4 in the painting process Improving the design by using appropriate workstation which suits worker's anthropometry, providing lifting tools, commit with housekeeping activites, socialization, inpection, and providing information about ergonomics in the workplace is a recommendation that can be done to the improvement of ergonomics risk level to workers.