

## Gambaran tingkat risiko gejala muskuloskeletal pada mekanik motor PT. X Jakarta tahun 2015 = An overview of musculoskeletal symptoms risk level to motorcycle mechanics in PT. X Jakarta on 2015

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20421611&lokasi=lokal>

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### Abstrak

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

Proses kerja mekanik motor PT. X diduga berisiko terhadap gejala muskuloskeletal. Penelitian ini bertujuan untuk menjelaskan gambaran tingkat risiko gejala muskuloskeletal pada mekanik motor PT. X Jakarta dengan metode QEC, REBA dan NBM pada setiap tahap perawatan motor. Berdasarkan penilaian QEC, didapatkan hasil bahwa proses kerja mekanik motor harus diinvestigasi lebih lanjut dan dilakukan perubahan. Penilaian REBA menunjukkan tingkat risiko yang tinggi. Penilaian NBM menunjukkan punggung, pinggang, bahu kiri, dan lengan atas kanan (70%) menjadi anggota tubuh yang paling sering dikeluhkan. Upaya pengendalian yang telah dilakukan perusahaan adalah menyediakan hidrolik bagi setiap pekerja, namun pekerja tidak menggunakannya. Dengan adanya peraturan kewajiban penggunaan hidrolik dan pengawasan pada setiap pekerja, tingkat risiko gejala muskuloskeletal dapat diturunkan. Selain itu, upaya lain yang dapat dilakukan adalah merubah desain area kerja, mengganti peralatan kerja, dan pelatihan ergonomi bagi pekerja.

<b>ABSTRACT</b><br>

The working process of motorcycle mechanics in PT. X has risk to musculoskeletal symptoms. This research aims to describe the risk level of musculoskeletal symptoms to motorcycle mechanics in PT. X Jakarta, using QEC, REBA, and NBM methods in every process of motorcycle treatment. Based on QEC assessment, the result showed working process of motorcycle mechanics should be investigated further and changed soon. REBA assessment showed high risk level. NBM assessment showed back, waist, left shoulder, and right upper arm (70%) is the most common symptoms. PT. X has provided hydraulic for each workers, but they didn't use it. PT. X shall make regulation to obligate workers using their hydraulic and supervision to each workers. Then, other efforts are by redesigning work station, substituting work equipment, and training about ergonomic for workers.;

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