

Penilaian risiko ergonomi serta keluhan gangguan otot rangka pada pekerja konstruksi di proyek apartemen Pejaten Park Residence PT. PP (persero) tbk. tahun 2016 = Ergonomics risk assessment and complaints musculoskeletal disorders on construction workers in Pejaten Park Residence apartment project PT. PP (persero) tbk 2016

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Abstrak

ABSTRAK

Penelitian ini merupakan penilaian ergonomi di tempat kerja konstruksi Proyek Apartemen Pejaten Park Residence PT PP Persero tahun 2016. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan desain studi cross sectional, melalui observasi langsung pada seluruh tahapan kegiatan. Penilaian tingkat risiko ergonomi menggunakan metode Ovake Working Assesment (OWAS) dan Quick Exposure Checklist (QEC), sedangkan keluhan MSDs per bagian tubuh yang dirasakan pekerja menggunakan kuesioner Nordic Body Maps. Berdasarkan metode OWAS hasil analisis risiko ergonomi pada pekerjaan plesteran, pengecatan, pemasangan keramik, dan pemasangan plafon memiliki tingkat risiko menengah, sedangkan berdasarkan metode QEC tingkat risiko ergonomi per bagian tubuh rata-rata pada setiap pekerjaan, pada punggung memiliki risiko tinggi, bahu/lengan dan pergelangan tangan memiliki risiko sedang, dan leher memiliki risiko sangat tinggi. Hasil kuesioner Nordic Body Maps, paling banyak merasakan keluhan gangguan otot rangka pada pinggang (62,9%), leher bagian atas (61,4%), punggung (60%), bahu kanan (58,6%), dan bahu kiri (55,7%). Upaya untuk mengatasi pajanan ergonomi dan keluhan MSDs dapat dilakukan dengan meninjau kembali desain kerja, peralatan kerja, dan lingkungan kerja.

ABSTRACT

This study is an ergonomic assesment in the construction workplace at project of Apartment Pejaten Park Residence PT PP Persero in 2016. This research is a quantitatve descriptive research with cross sectional study design, through direct observation at all stages of activity. The assesment of ergonomic risk level uses Ovake Working Assessment System (OWAS) and Quick Exposure Checklist (QEC), while the level of MSDs complaints that is felt by workers per part of the body using Nordic Body Maps questionnaire. Based on the results of risk analysis methods OWAS ergonomics at work plastering, painting, tiling, and installation of ceiling has a medium risk level, while based on QEC method ergonomic risk levels per body part on average at every task, on the back has a high risk, shoulder / arm and the wrist has a moderate risk, and the neck has a very high risk. Nordic Body Map questionnaire results about MSDs complaints were many who

complained on the the waist (62.9%), upper neck (61.4%), back (60%), right shoulder (58.6%), and left shoulder (55,7%). Efforts to overcome the ergonomic exposures and MSDs complaint can be done with the review of design work, equipment, and environment in the workplace.