

# Analisis faktor risiko ergonomi dan keluhan musculoskeletal disorder pada pekerja office, workshop, dan warehouse PT X Jakarta tahun 2016 = Analysis of ergonomic risk factor and musculoskeletal disorder complaints on office workshop and warehouse worker in X Company on 2016

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## Abstrak

### <b>ABSTRAK</b><br>

Skripsi ini membahas analisis faktor risiko ergonomi dan keluhan musculoskeletal disorder di PT X tahun 2016. Penelitian ini adalah penelitian kuantitatif dengan disain cross sectional. Dari penilaian risiko ergonomi dengan menggunakan metode Quick Exposure Checklist (QEC) didapatkan pekerjaan menggunakan komputer di office termasuk ke dalam level 3 atau risiko tinggi dan pekerjaan manual di workshop dan di warehouse termasuk ke dalam level 4 atau risiko sangat tinggi. Postur janggal yang terbentuk saat melakukan pekerjaan dipengaruhi oleh disain workstation dimana dari hasil pengukuran diketahui beberapa workstation pada masing-masing area kerja belum sesuai. Hasil survey Nordic Body Map (NBM) menunjukkan sebanyak 88,4% responden memiliki keluhan MSDs dengan persentase area kerja yang mengalami keluhan tertinggi pada area warehouse 100%, area workshop 94,4%, dan area office 83,7%. Bagian tubuh yang paling banyak mengalami keluhan MSDs pada area office adalah pada bagian pinggang 48,8%, leher bagian atas 46,5%, bahu kanan 30,2%, dan bahu kiri 27,9%, pada area workshop adalah pada bagian pinggang 50%, leher atas 50%, punggung 38,8% dan pinggul 38,8%, dan pada area warehouse adalah pada bagian pinggang 50%, leher atas 50%, punggung 38,8% dan pinggul 38,8%. Disarankan adanya perbaikan disain workstation dan program edukasi kesehatan kerja terkait ergonomi.

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### <b>ABSTRACT</b><br>

This study discuss the analysis of ergonomic risk factors and musculoskeletal disorder complaints in X company at the year of 2016. this research is a quantitative research with cross sectional design method. From the ergonomic risk assessment using Quick Exposure Checklist (QEC) the result is indicate that works in the office that uses computers is included in level 3 or high risk category and manual work at the workshop is included to a level 4 or very high risk category. Awkward working posture that adopted by the worker is influenced by the design of the workstation that the result of workstation measurement shows several workstation in each working area is not appropriate. The survey result of Nordic Body Map (NBM) shows that 88.4% respondent have a complaint about MSDs which the highest

percentage of complaints lies at the warehouse area with 100% complaints rate, while in the workshop the percentage of complaint is 94.4% and office area 83.7%. The part of body with the highest complaint of MSDs of office worker is waist (48.8%), upper neck (46.5%), right shoulder (30.4%), and left shoulder (27.9%), and for the workshop worker the highest complaint of MSDs is on waist (50%), upper neck (50%), upper back (38.8%), and hip (38.8%), and for the warehouse worker the highest complaint of MSDs is on waist (50%), upper neck (50%), upper back (38.8%), and hip (38.8%). Suggested of improvement in workstation design and education regarding occupational health in ergonomics.