

Analisis risiko ergonomi terkait keluhan subjektif gangguan otot rangka pada pegawai kasir supermarket X Rawamangun dan Depok tahun 2019 = Ergonomic risk analysis related to subjective complaint of musculoskeletal disorders on X supermarket Rawamangun and Depok cashier 2019

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Abstrak

Pekerja kasir dilaporkan sering mengalami permasalahan punggung, pinggang, leher, bahu, dan tangan. Penelitian ini bertujuan untuk melihat gambaran risiko yang ada di tempat kerja terkait keluhan GOTRAK pegawai kasir Supermarket X Rawamangun dan Depok. Metode yang digunakan adalah RULA, QEC, NBM, dan wawancara tidak terstruktur. Hasil penelitian menunjukkan tempat kerja perlu dilakukan investigasi dan perubahan, dan keluhan tertinggi berada pada bagian pinggang dan bahu kanan untuk di Depok, dan leher bagian bawah, bahu kiri dan kanan, dan pinggan di Rawamangun.

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Cashier commonly reported have musculoskeletal discomfort in their back, low back, neck, shoulder, and arm in result of repetitive movement, awkward posture, and workload. This research aims to describe ergonomic risks in cashier workplace related to musculoskeletal disorders in Rawamangun and Depok X Supermarket cashier workers. Methods that used in this research are RULA, QEC, NBM, and unstructured interview. The result from QEC assessment in back score got high level and neck score got very high level, also from RULA assessment got 7 for final score in X Supermarket Rawamangun and 6 for final score in Depok. Related to subjective complaints, the highest result in both of places are lower neck, right and left shoulder, and back.