

## Perkiraan risiko nyeri punggung bawah akibat pengaruh postur janggal saat bekerja pada karyawan di ari conditioner departement pt. nasional gobel jakarta tahun 2001

Evi Nopiyanti, author

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### Abstrak

<i>The low back plain is a certain symptom appearance of the plaint sense at the area of lumbosakrak and sakroilika which can appear because of various causes, some time along with creeping of the pain to the leg and foot.

The body posture mistake consequence of the habit. The bad bocty posture particularly lordosis excessive from the backbone of lumbal pert, with the outstanding movent. and unarranged hold the important character for the occur of the low back plain .

This research is case study characteristic with the observation approach also using the secondary dam that is found from the employee medic dala and primary data that is found from with the questioner, check list, video recording, a taken picture worker, discordant posture weigh measure.

The sample of this research result, which for BRIEF survey are the discordant posture worker, whereas for the symptom survey and medic data survey are at the worker at the press shop unit and evacond unit. The research Is delivering in the distribution from an illustration.From the analysis shown that there some ris factor which can cause the low back pain on the worker shering, mould die (job A1), mould and die (job B2) and expander CS/LT. The result mentioned as follow

- 1) BRIEF survey result is found, for kind jobs which under observation had score 3.
- 2) The symptom survey result in found, the usm of the worer that had low back pain mostly on group age > 31 year and excessively on the group of the period work > 10 year.
- 3) The medic data survey result in found.average of the worker sense which suffering low ba£k pain I to 7 day and they still working.
- 4) Total value of EASY is found for fourth type job are 5.

There for, the company party is advised for completing the standard operating procedure (SOP) with inserting ergonomic aspect, doing the redesign again on the working tools. doing work rotatio14 and doing evaluation of the work activity.

While on the worker that have sick: of tile low back pain is advice for lie down following the illumination and do the physical training.</i>