

ABSTRAK

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Program Studi : Keselamatan dan Kesehatan Kerja
Judul : Analisis Risiko Musculoskeletal Disorders (MSDs) pada Pekerja Laundry Tahun 2009 (Studi Kasus pada 12 Laundry Sektor Usaha Informal di Kecamatan Beji Kota Depok)

Penelitian aktivitas *laundry* bertujuan mengetahui tingkat risiko dan keluhan *musculoskeletal disorders (MSDs)* pekerja *laundry* usaha informal di Beji, Depok menggunakan *Rapid Entire Body Assessment (REBA)* dan penyebaran kuesioner dengan total responden 26 orang. Tingkat risiko proses penimbangan, pencucian dan pemerasan masuk kategori sedang sehingga dibutuhkan perbaikan, karena berpotensi MSDs. Meletakkan cucian ke keranjang tingkat risikonya tinggi berarti harus segera diperbaiki karena potensi MSDs semakin besar. Mengangkat cucian ke pengering tingkat risikonya rendah artinya perubahan mungkin dibutuhkan untuk mencegah MSDs. Setrika dan pelipatan tingkat risikonya sedang dan tinggi. Keluhan subjektif paling banyak dirasakan adalah bahu kanan. Untuk mengurangi keluhan MSDs, maka diperlukan sosialisasi oleh Dinas Kesehatan Kota Depok kepada masyarakat mengenai risiko ergonomi khususnya pekerja *laundry* sektor usaha informal.

Kata kunci:

Ergonomi, tingkat risiko, *musculoskeletal disorders*

ABSTRACT

Name : Hervita Laraswati
Study Program : Occupational Health and Safety
Title : Musculoskeletal Disorders (MSDs) Risk Analysis in Laundry Workers 2009 (Case Study in 12 Informal Sector of Laundry in Beji District Depok)

This research purposes to detect risk level and musculoskeletal disorder (MSDs) complaint an informal laundry workers in Beji, Depok using REBA and questionnaires with 26 total respondent. The risk level on weighting, washing and pressing processes include into medium category so those activities need improvements, because its have MSDs potential. Putting the washing items to hamper has high risk level, it must be improved immediately, because the MSDs potential is higher. Lifting the washing items to the dryer has low risk level so changes may need to prevent MSDs. Ironing and folding have medium risk level and high risk level. The most subjective complaint is in the right shoulder. To decrease MSDs complaint needs Depok's Health Ministry socialization about laundry workers ergonomic.

Keyword:
Ergonomic, risk level, *musculoskeletal disorders*