

## ABSTRAK

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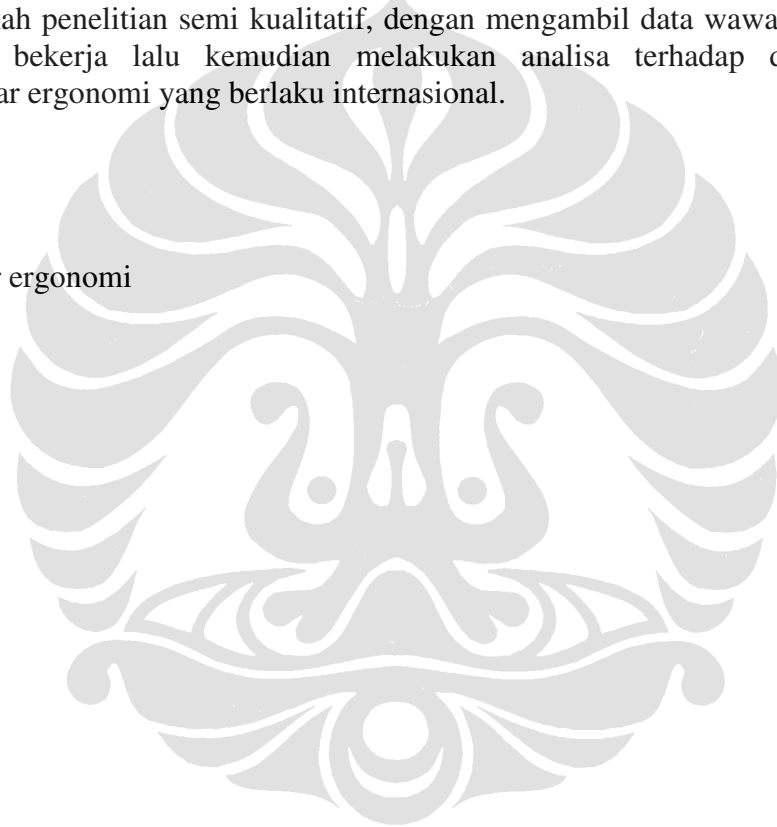
Keselamatan dan Kesehatan Kerja

Skripsi Gambaran Penerapan Ergonomi dalam Penggunaan Komputer pada Pekerja di PT.X Tahun 2009.

Skripsi ini membahas tentang peranan ergonomi dalam ruang kerja terkait dengan penggunaan komputer di PT.X. Skripsi ini bertujuan agar pekerja memiliki pengetahuan mengenai pentingnya ergonomi dalam rangka meningkatkan kesehatan, terutama untuk mencegah terjadinya penyakit yang ditimbulkan akibat bekerja di depan layar komputer setiap hari. Penelitian ini adalah penelitian semi kualitatif, dengan mengambil data wawancara dari pekerja yang sehari-hari bekerja lalu kemudian melakukan analisa terhadap data-data tersebut berdasarkan standar ergonomi yang berlaku internasional.

Kata kunci:

Ergonomi, standar ergonomi



## ABSTRACT

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Keselamatan dan Kesehatan Kerja

Ergonomic Aspect Treatment for Computer Workstation for Worker on PT.X In Year 2009

This study sought to discover whether simple ergonomic interventions can have a significant impact on muscular pain in office workers. An office worker's environment was investigated for opportunities for physical improvements that would reduce pain that the worker suffers as a result of a shoulder injury. This study also analysis posture and subjectiver response to interviews. This study for office ergonomic. Improvements were noted especially during mouse use and source document handling. Subjective assessment of interventions revealed that the office worker was more satisfied with the new work environment and felt significantly less pain related to her shoulder injury, though problems were reported in becoming accustomed to the touchpad mouse.

Kata kunci:

Ergonomic, office ergonomic

