

## Dimensi ukuran kursi kerja ergonomis pekerjaan posisi duduk untuk tenaga kerja Indonesia = Ergonomic work chair dimensions for Indonesian workers

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### Abstrak

[<b>ABSTRAK</b><br>

Latar Belakang: Gangguan muskuloskeletal disebabkan diantaranya peralatan kerja tidak sesuai antropometri pekerja. Penelitian ini bertujuan mengetahui ukuran kursi kerja ergonomis pekerjaan posisi duduk sesuai antropometri tenaga kerja Indonesia.

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Metode: Penelitian ini menganalisis data antropometri tenaga kerja Indonesia tahun 2007-2008 dari sepuluh wilayah setelah diverifikasi ada 6.122 sampel dan digunakan untuk merancang dimensi kursi kerja ergonomis.

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Hasil: Rekomendasi ukuran fit kursi kerja untuk tenaga kerja umum: tinggi kursi 44 cm, panjang kursi 46 cm, lebar kursi 45 cm, tinggi sandaran punggung 59 cm, lebar sandaran punggung 55 cm, tinggi sandaran lengan 24 cm. Tenaga kerja laki-laki: tinggi kursi 44 cm, panjang kursi 47 cm, lebar kursi 45 cm, tinggi sandaran punggung 60 cm, lebar sandaran punggung 55 cm, tinggi sandaran lengan 24 cm. Tenaga kerja perempuan: tinggi kursi 43 cm, panjang kursi 44 cm, lebar kursi 46 cm, tinggi sandaran punggung 56 cm, lebar sandaran punggung 52 cm, tinggi sandaran lengan 23 cm. Rekomendasi ukuran adjustable kursi kerja: tinggi kursi 35-44 cm, tinggi sandaran punggung 56-61 cm, tinggi sandaran lengan 17-29 cm.

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Kesimpulan: Telah diperoleh ukuran kursi kerja ergonomis pekerjaan posisi duduk yang dapat direkomendasikan menjadi standar nasional.

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<b>ABSTRACT</b><br>

Background: Musculoskeletal Disorders (MSDs) can be caused by a discrepancy in dimensions of working equipments and the workers anthropometrical size. This study aims to determine the size of the ergonomic work chair for sitting position according to the anthropometrical size of Indonesian workers.

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Methods: This study analyzed anthropometric data of Indonesian workers from ten areas in 2007-2008, which after verification remain 6.122 samples and used to determine the size of ergonomic work chairs.

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Results: Recommendations for fit work chair in general are as follows: seat height 44 cm, seat depth 46 cm, seat width 45 cm, backrest height 59 cm, backrest width 55 cm, and armrest height 24 cm. For male workers: seat height 44 cm, seat depth 47 cm, seat width 45 cm, backrest height 60 cm, backrest width 55 cm, and armrest height 24 cm. For female workers: seat height 43 cm, seat depth 44 cm, seat width 46 cm, backrest height 56 cm, backrest width 52 cm, and armrest height 23 cm. Size recommendations for adjustable work chair: seat height 35-44 cm, backrest height 56-61 cm, and armrest

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Conclusion: The obtained size of the ergonomic work chair for sitting position can be recommended as a national standards.;Background: Musculoskeletal disorders (MSDs) belongs often to work related diseases with high number of prevalence, incidence and health care costs. It can be caused by a discrepancy in dimensions of working equipments and the workers anthropometrical size. This study aims to determine the size of the ergonomic work chair for sitting position according to the anthropometrical size of Indonesian workers.

Methods: This study analyzed anthropometric data of Indonesian workers from ten areas in 2007-2008, which after verification remain 6122 samples. Parameters used to determine the size of ergonomic work chairs are popliteal height to determine the seat height, buttock-popliteal length to determine the seat depth, hip breadth to determine the seat width, sitting shoulder height to determine the backrest height, shoulder breadth (bideltoid) to determine the backrest width, and sitting elbow height to determine the armrest height.

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