

ABSTRAK

Aktivitas Pemindahan dan pengangkutan pisang di PT. Amanah Prima Indonesia dilakukan secara manual tanpa bantuan alat apapun. Operator harus memindah dan mengangkat pisang ke dalam blender dengan berat 13 kg. *Manual handling* memiliki risiko tinggi didalam terjadinya keluhan MSDs. Tujuan penelitian ini selain menilai risiko kerja adalah memberikan saran perbaikan untuk perusahaan ini guna menurunkan risiko cedera bagi operator terutama cedera *musculoskeletal*. Analisis menggunakan *Nordic Body Map* untuk mengidentifikasi keluhan yang dirasakan operator, REBA (*Rapid Entire Body Assessment*) untuk mengetahui level risiko pekerjaan operator. *Nordic Body Map* menunjukkan adanya keluhan operator tertinggi yaitu pada bagian tubuh leher, lengan, pergelangan tangan, dan tangan. Hasil REBA aktivitas 1 pemindahan mendapatkan skor 10 (*high risk*), aktivitas 4 mendapatkan skor 11 (*very high risk*). Setelah dilakukan perbaikan posisi kerja pada aktivitas 1 skor REBA berkurang 6 point dari risiko awal, pada aktivitas 4 perbaikan design kerja menggunakan *Smart lifting* skor REBA berkurang hingga 6 point dari risiko awal.

Kata Kunci: Postur kerja, *manual handling*, *Nordic body map*, REBA (*Rapid Entire Body Assessment*)



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ABSTRACT

Banana transport and transport activities at PT. Amanah Prima Indonesia is done manually without the help of any tools. Operators must move and transport bananas into a blender weighing 13 kg. Manual handling has a high risk in the occurrence of MSDs complaints. The purpose of this study in addition to assessing work risk is to provide suggestions for improvement for this company in order to reduce the risk of injury to operators, especially musculoskeletal injuries. The analysis uses the Nordic Body Map to identify complaints felt by the operator, REBA (Rapid Entire Body Assessment) to determine the level of work risk of the operator. Nordic Body Map shows the highest operator complaints on the body parts of the neck, arms, wrists, and hands. The results of REBA activity 1 transfer received a score of 10 (high risk), activity 4 received a score of 11 (very high risk). After working position improvements in activity 1, REBA score is reduced by 6 points from initial risk, in activity 4, work design improvement using Smart lifting, REBA score is reduced to 6 points from initial risk.

Keyword: *Work posture, Manual handling, Nordic body map, REBA (Rapid Entire Body Assessment).*



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