

ABSTRAK

Abstrak Keluhan nyeri punggung (*lowback pain*) dan resiko terjadinya *musculoskeletal disorders* (MDs) merupakan beberapa cedera yang disebabkan oleh cara kerja yang tidak sesuai dengan postur tubuh atau tidak ergonomis. Penelitian dilakukan di departemen *Side Frame* hasil observasi peneliti yang menemukan postur janggal / melebihi batasan sudut normal sehingga menimbulkan resiko terjadinya *musculoskeletal disorders* (MDs) di departemen *Side Frame* khususnya di line pemasangan komponen *Seat*. Rumusan masalah penelitian ini adalah apakah operator pemasangan komponen *Seat* mengalami nyeri otot dan bagaimana tingkat resiko operator pemasangan komponen *Seat* di PT. Ohgishi Indonesia, Penelitian ini bertujuan untuk mengetahui keluhan operator pemasangan komponen *Seat* dan mengetahui tingkat risiko ergonomi pada operator, yang diukur melalui postur janggal pada proses pemasangan komponen *Seat* di departemen *Side Frame* di PT Ohgishi Indonesia. Metode yang digunakan adalah *Rapid Entire Body Assessment* (REBA) serta penggunaan *Quisinare Nordic Body Map*. Hasil akhir penelitian ini adalah skor 9 (sembilan) dengan penjelasan masuk kedalam kategori risiko tinggi terhadap resiko *musculoskeletal disorders* (MDs). Berdasarkan hasil kuesioner *Nordic Body Map* diketahui bahwa bagian tubuh yang paling banyak mengalami sakit yaitu leher bawah, pinggang, tangan kiri yang harus dilakukan perbaikan segera dan penelitian ini juga memberikan usulan perbaikan di line pemasangan komponen *Seat* di PT Ohgishi Indonesia.

Kata kunci: *Musculoskeletal Disorders* (MDs), *Side Frame* (SF), *Seat*, *Nordic Body Map*, REBA

ABSTRACT

Complaints of back pain (lowback pain) and the risk of developing musculoskeletal disorders (MDs) are a number of injuries caused by ways of working that are incompatible with posture or are not ergonomic. The study was conducted in the Side Frame department as a result of observations by researchers who found outlandish / exceeding the normal angle limits causing a risk of developing musculoskeletal disorders (MDs) in the Side Frame department, especially in the Seat component line installation. The formulation of the problem of this research is whether the Seat component mounting operator experiences muscle pain and how the level of risk of the Seat component mounting operator at PT. Ohgishi Indonesia, This study aims to determine the complaints of Seat component mounting operators and determine the level of ergonomic risk to the operator, which is measured through an awkward posture in the Seat component installation process in the Side Frame department at PT Ohgishi Indonesia. The method used is the Rapid Entire Body Assessment (REBA) and the use of the Quisinare Nordic Body Map. The final result of this study is a score of 9 (nine) with an explanation into the high risk category for the risk of musculoskeletal disorders (MDs). Based on the results of

the Nordic Body Map questionnaire, it is known that the parts of the body that suffer the most pain are the lower neck, waist, left hand that must be repaired immediately and this study also provides suggestions for improvement in the Seat component installation line at PT Ohgishi Indonesia.

Keywords: Musculoskeletal Disorders (MDs), Side Frame (SF), Seat, Nordic Body Map, REBA

