

## Abstract

*PT. PMJ is a company engaged in the construction of heavy equipment crane hoists. Every worker in the company has different tasks, and each job will certainly produce its own workload. Workers are the spearhead of running a business, task demands and production targets make operators experience high mental pressure so that if it occurs continuously it will result in increased stress levels and decreased levels of performance, efficiency, and productivity of workers. psychological fatigue, which is accompanied by the emergence of feelings of tiredness, fatigue, lethargy, and reduced alertness. To determine the mental workload of employees in the logistics department, measurements were made using the NASA TLX (National Aeronautics and Space Administration Task Load Index) method. From the results of measuring mental load using NASA-TLX, it is obtained, indicating that the workload on employees at PT. PMJ, especially in the high purchasing and warehouse divisions, therefore it is necessary to give a proposal for improvement, such as increasing the number of employees, so that the performance of the workforce will be better. optimal.*

**Keywords:** *Workload, Mental workload, NASA TLX Method, Workers*



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