

**PENILAIAN POSTUR KERJA SERTA TINGKAT RISIKO
MUSCULOSKELETAL DISORDERS PADA PEKERJA DIVISI SORTASI
DAN PENGALENGAN DI PT GUNA CITRA KARTIKA,
JEPARA, JAWA TENGAH**

Oleh:

I Putu Karang Adisurya

17/416053/SV/13791

ABSTRAK

PT Guna Citra Kartika merupakan perusahaan yang bergerak di bidang pengolahan daging rajungan kaleng yang diperuntukan untuk *Byrd International*. Pekerja di perusahaan ini sebagian besar dialokasikan pada divisi sortasi dan pengalengan. Selama bekerja, pekerja melakukan gerakan kerja berulang selama tujuh jam bekerja dan adanya postur kerja statis sehingga menimbulkan risiko *musculoskeletal disorders*. Oleh karena itu, diperlukan penilaian postur kerja dan tingkat risiko *musculoskeletal disorders*. Tujuan dari penelitian ini yaitu melakukan penilaian postur kerja menggunakan metode *Rapid Upper Limb Assessment* (RULA) dan *Rapid Entire Body Assessment* (REBA), mengetahui persentase peningkatan rasa sakit akibat pekerjaan, mengetahui tingkat risiko *musculoskeletal disorders* menggunakan kuesioner *Nordic Body Map* (NBM), dan merumuskan tindakan perbaikan terkait risiko *musculoskeletal disorders*. Hasil penilaian postur kerja menggunakan metode RULA pada pekerja divisi sortasi dan pengalengan menghasilkan skor akhir masing-masing sebesar lima dan enam, sedangkan penilaian menggunakan metode REBA menghasilkan skor akhir masing-masing sebesar empat dan enam. Oleh karena itu, postur kerja pada pekerja dari kedua divisi tersebut memiliki tingkat risiko sedang sehingga diperlukan investigasi lebih lanjut dan tindakan perbaikan. Peningkatan rasa sakit sebesar 61,30% menunjukkan bahwa pekerjaan memberikan pengaruh dengan tingkat risiko tinggi terhadap kesehatan pekerja. Distribusi keluhan *musculoskeletal disorders* dengan tingkat risiko sangat sakit terindikasi pada leher bagian bawah (21,80%), leher bagian atas (21,14%), kaki kanan (19,41%), dan bahu kanan (19,36%). Tindakan perbaikan meliputi tindakan preventif yaitu perancangan ulang area kerja dan alat pelindung diri, tindakan represif yaitu pemberian obat-obatan, dan tindakan edukatif yaitu penyuluhan terkait risiko *musculoskeletal disorders* terhadap pekerja.

Kata kunci: *Nordic Body Map*, *Rapid Entire Body Assessment*, dan *Rapid Upper Limb Assessment*

**WORKING POSTURE ANALYSIS AND RISK LEVEL OF
MUSCULOSKELETAL DISORDERS AMONG WORKERS AT
SORTATION AND CANNING DIVISION IN PT GUNA CITRA
KARTIKA, JEPARA, CENTRAL JAVA**

By:

I Putu Karang Adisurya

17/416053/SV/13791

ABSTRACT

PT Guna Citra Kartika is a company engaged in the processing of canned crab meat which is intended for Byrd International. Workers in this company are mostly allocated in sorting and canning division. During work, workers made repetitive actions for seven hours of work and static work posture that causing the risk of musculoskeletal disorders. Therefore, analysis of this case was needed. The purpose of this study was to analyze working posture using the Rapid Upper Limb Assessment (RULA) and Rapid Entire Body Assessment (REBA) methods, determine the percentage of increased pain due to work, determine the risk level of musculoskeletal disorders using Nordic Body Map (NBM) questionnaire, and formulate the recommended actions related to the risk of musculoskeletal disorders. The results from the assessment of working posture using RULA method among sorting and canning workers produced a final score of five and six, respectively, while assessment using REBA method produced a final score of four and six, respectively. Therefore, the working posture of workers from both divisions has a moderate level of risk, so further investigation and corrective action were needed. The percentage of increased pain due to work was 61,30%, which shows that works have a high level of risk to the health of workers. Distribution of musculoskeletal disorder complaints with a very high level of sick found at the lower neck (21,80%), upper neck (21,14%), right foot (19,41%), and right shoulder (19,36%). Corrective actions comprise preventive actions, i.e. redesigning the work area and personal protective equipment, repressive action, i.e. giving the medicine, and educative action, i.e. counseling related to the risk of musculoskeletal disorders for workers.

Key words: Nordic Body Map, Rapid Entire Body Assessment, and Rapid Upper Limb Assessment