

**PENILAIAN POSTUR DAN KESAKITAN AKIBAT KERJA PADA  
PROSES PENGERINGAN DAN SORTASI TEH HIJAU  
DI PT RUMPUN SARI KEMUNING**

**Dayanti Haryono<sup>1</sup>, Guntarti Tatik Mulyati<sup>2</sup>**

**ABSTRAK**

PT Rumpun Sari Kemuning (PT RSK) adalah industri yang bergerak pada pembuatan teh hijau. Bahan baku pembuatan teh didapatkan dari hasil pemetikan daun teh disekitar pabrik. Pekerja bagian pengolahan melakukan pekerja dengan cara membungkuk, gerakan berulang dan membawa beban yang berlebihan. Postur kerja membungkuk, gerakan berulang, dan membawa beban berlebih banyak dilakukan di proses pengeringan I dan sortasi. Postur kerja tersebut dapat menyebabkan cedera, yang sering disebut dengan *musculoskeletal disorders* (MSDs). Penilaian postur dan kesakitan akibat kerja, perlu dilakukan agar dapat dilakukan perbaikan metode kerja dan para pekerja dapat bekerja dengan nyaman.

Penilaian secara objektif dilakukan dengan cara mengambil gambar postur kerja saat pekerja melakukan pekerjaan. Gambar postur kerja selanjutnya dinilai dengan metode *Ovako Working Posture Analysis System* (OWAS). Penilaian tersebut meliputi penilaian bagian punggung, lengan, kaki, dan beban. Sedangkan penilaian secara subjektif dilakukan dengan menggunakan kuesioner *Nordic Body Map*. Kuesioner *Nordic Body Map* dibagikan kepada pekerja sebelum dan setelah melakukan pekerjaan.

Kesakitan akibat kerja pada proses pengeringan I dirasakan pekerja pada bagian bahu kanan dan kiri, lengan bawah kanan dan kiri, pinggang, punggung, pergelangan tangan kanan dan kiri, kaki kanan dan kiri. Proses pengeringan yang harus dilakukan perbaikan yaitu elemen kerja menarik hasil pengeringan dan mengambil daun teh tergulung, karena memiliki level sikap kerja kategori 3 dan kategori 2. Perbaikan tersebut dengan menggunakan *hand truck* dan di atasnya diberi *box*, ketinggian *hand truck* dapat diatur. Sedangkan untuk proses sortasi kesakitan akibat kerja terjadi pada pergelangan tangan kanan dan kiri, tangan kiri, lutut kiri, dan pergelangan kaki kiri dan kanan. Proses sortasi yang harus dilakukan perbaikan yaitu elemen kerja memasukkan daun teh kering kedalam mesin, karena memiliki level sikap kerja kategori 2. Perbaikannya dilakukan dengan cara mengurangi berat beban ( 50 kg menjadi 25 kg).

***Kata kunci : MSDs, OWAS, Kuesioner Nordic Body Map, Kesakitan akibat kerja, Level resiko sikap kerja***

---

<sup>1</sup> Mahasiswa Prodi D3 Agroindustri

<sup>2</sup> Dosen Pembimbing dan Staff Pengajar Prodi D3 Agroindustri

**POSTURE ASSESSMENT AND WORK IN PROCESS MORBIDITY DUE  
DRYING AND SORTING GREEN TEA  
AT PT RUMPUN SARI KEMUNING**

**Dayanti Haryono<sup>1</sup>, Guntarti Tatik Mulyati<sup>2</sup>**

**ABSTRACT**

Clumps PT Rumpun Sari Kemuning (PT RSK) are an industry engaged in tea manufacture of green tea. Teh raw material obtained from tea plucking tea leaves around tea factory. Workers perform processing section of workers by means of bending, repetitive motion and carrying excessive weight. Bending work postures, repetitive movements, and carrying excess load a lot to do in teh drying process I and sorting. Tea working posture can cause injury, which is often referred to as musculoskeletal disorders (MSDs). Posture assessment and morbidity due to work needs to be done in order to do repair work methods and workers can work comfortably.

An objective assessment conducted by taking pictures work postures when workers are doing teh job. Images of work posture further assessed by teh method of Ovako Working Posture Analysis System (OWAS). Tea assessment includes assessing tea back, arms, legs, and load. While subjective assessment using questionnaires Nordic Body Map. Nordic Body Map questionnaires distributed to workers before and after doing teh work.

Pain due to working in tea drying process I felt working on tea right and left shoulder, right forearm and left, waist, back, right and left wrist, right leg and left. Tea drying process must be carried out repair work that is interesting element drying results and take tea leaves rolled up, as has tea level of working attitude category 3 and category 2. Tea improvement using a hand truck and above were given a box, a height adjustable hand truck. As for teh process of sorting morbidity due to work going on right wrist and left, left hand, left knee and left ankle and right. Tea process of sorting to do repair work, element enter dried tea leaves into teh machine, because it has a working attitude level category 2. Tea fix is done by reducing tea weight of teh load (50 kg to 25 kg).

***Keywords: MSDs, OWAS, Questionnaire Nordic Body Map, occupational morbidity, risk level work attitude***

---

<sup>1</sup> Students Majoring in D3 Agro-industry

<sup>2</sup> Lecturers and Faculty Majors D3 Agro-industry