

**PENILAIAN ERGONOMI PEKERJA KONSTRUKSI
BERDASARKAN METODE *RAPID ENTIRE BODY*
ASSESSMENT (REBA)**

(Studi kasus: Pekerjaan Pemasangan Dinding Penahan Tanah)

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INTISARI

Pekerjaan manual pada proyek konstruksi memiliki tingkat resiko yang tinggi karena minimnya pengetahuan pekerja tentang ergonomi. Ergonomi adalah studi yang mempelajari tentang postur tubuh yang baik agar menunjang keamanan dan kenyamanan saat bekerja. Analisis ergonomi pada pekerja sangat penting karena dapat mengurangi cedera *musculoskeletal disorders (MSDs)* pada pekerja dan mencegah turunnya produktifitas kerja pada proyek.

Metode *Rapid Entire Body Assessment (REBA)* digunakan untuk menilai postur kerja pada pekerja dinding penahan tanah pada proyek jalan Wawar – Congot, Purworejo, Jawa Tengah. Penelitian ini dilakukan terhadap 20 pekerja dan setiap 1 pekerja terdapat 5 sampel postur tubuh.

Penelitian ini menggunakan metode observasi. Hasil penelitian menunjukkan bahwa dari 20 pekerja terdapat 12 pekerja (60%) dengan posisi non ergonomi dan 8 pekerja (40%) dengan posisi ergonomi.

Kata Kunci: Pekerjaan Manual, Ergonomi, *Musculoskeletal Disorders*, *Rapid Entire Body Assessment (REBA)*, Observasi

***ERGONOMICS ASSESSMENTS OF CONSTRUCTION WORKERS BASED ON
RAPID ENTIRE BODY ASSESSMENTS METHOD***

(Case study: Stone Masonry Retaining Wall Installation)

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ABSTRACT

Manual work on the construction project has a high level of risk due to the lack of knowledge workers on ergonomics. Ergonomics is the study of learning about good posture in order to support the safety and comfort while working. Analysis of ergonomics in workers is very important because it can reduce injuries musculoskeletal disorders (MSDs) in workers and prevent the decline in labor productivity on the project.

Rapid Entire Body Assessment (REBA) methods was used to assess the posture of work on worker retaining wall for the Project Wawar – Congot’s Road, Purworejo, Central Java. This study was conducted on 20 workers and every one worker contained 5 posture samples.

This study uses observation method. The results showed that from the 20 workers there are 12 workers (60%) with non-ergonomic positions and 8 workers (40%) with the ergonomics position.

Keywords : Manual Work, Ergonomic, Musculoskeletal Disorders, Rapid Entire Body Assessment (REBA), Observation.