

ABSTRAK

Perkantoran, sebagai salah satu tempat kerja, tidak terlepas dari potensi bahaya lingkungan kerja yang dapat mempengaruhi kesehatan dan keselamatan orang di dalamnya. Berdasarkan Peraturan Menteri Kesehatan No 48 tahun 2016, perkantoran harus memenuhi persyaratan fisik yang mempertimbangkan aspek-aspek seperti pencahayaan, kebisingan, temperature udara, dan kelembaban udara di lingkungan kerja (Kementrian Kesehatan, 2016). Terdapat beberapa permasalahan yang ditemukan di Fakultas Teknik Unsoed diantaranya beberapa AC mati, pencahayaan yang minim, kebisingan dari suara kendaraan, hingga keluhan postur tubuh pekerja. Pekerja perkantoran memiliki resiko bahaya ergonomi berupa gangguan otot rangka akibat kerja atau GOTRAK. Penelitian ini berfokus pada mengkaji kesesuaian dalam Peraturan Menteri Kesehatan No. 48 Tahun 2016 untuk mengetahui hasil pengukuran lingkungan kerja dan SNI 9011:2021 tentang Pengukuran dan Evaluasi Potensi Bahaya Ergonomi di Tempat Kerja. Untuk memperkuat data dan memastikan bahwa potensi bahaya ergonomi perkantoran, metode penilaian ergonomi seperti *Rapid Office Strain Assessment* (ROSA) dapat digunakan. Tujuan dalam penelitian ini untuk mengetahui hasil pengukuran parameter lingkungan fisika seperti tingkat pencahayaan, kebisingan dan suhu, untuk mengetahui hasil keluhan GOTRAK berdasarkan SNI 9011:2021, dan terakhir merekomendasikan hasil perbaikan berdasarkan Permenkes No 48 tahun 2016 dan SNI 9011:2021.

Kata Kunci: SNI, ROSA, Permenkes, GOTRAK, Postur Kerja

ABSTRACT

The office, as a workplace, is inseparable from the potential hazards of the work environment which can affect the health and safety of the people in it. Based on Minister of Health Regulation No. 48 of 2016, offices must meet physical requirements that consider aspects such as lighting, noise, air temperature, and humidity in the work environment (Ministry of Health, 2016). There were several problems found at the Unsoed Faculty of Engineering, including several ACs not working, minimal lighting, noise from vehicle noises, and complaints about workers' posture. Office workers have an ergonomic hazard risk in the form of work-related skeletal muscle disorders or GOTRAK. This research focuses on examining conformity in the Minister of Health Regulation No. 48 of 2016 to find out the results of measurements of the work environment and SNI 9011: 2021 concerning the Measurement and Evaluation of Potential Ergonomic Hazards in the Workplace. To strengthen the data and ensure that office ergonomics has potential hazards, ergonomic assessment methods such as the Rapid Office Strain Assessment (ROSA) can be used. The purpose of this study was to find out the results of measuring physical environmental parameters such as lighting levels, noise and temperature, to find out the results of GOTRAK complaints based on SNI 9011: 2021, and finally to recommend improvement results based on Minister of Health Regulation No 48 of 2016 and SNI 9011: 2021.

Keywords: *SNI, ROSA, MSD, work posture*