

ABSTRAK

EVALUASI POSTUR KERJA MENGGUNAKAN METODE *MODIFIED RAPID ENTIRE BODY ASSESSMENT* (MOREBA)

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Home Industry Lanting Bu Tuti merupakan industri manufaktur yang bergerak dalam bidang produksi lanting. Berdasarkan observasi awal, 13 pekerja dari 17 pekerja di *Home Industry* Lanting Bu Tuti mengalami keluhan otot rangka seperti nyeri pinggang, pundak, punggung, lutut, leher, tangan, paha dan kaki. Dalam proses pembuatan lanting dijumpai kondisi kerja yang tidak ergonomis. Permasalahan terkait kondisi kerja yang tidak ergonomis ini sebaiknya diselesaikan untuk mengurangi keluhan otot rangka. Penelitian ini bertujuan untuk menganalisis keluhan otot rangka menggunakan metode *Cornell Musculoskeletal Discomfort Questionnaires* (CMDQ) dan mengevaluasi postur kerja menggunakan metode *Modified Rapid Entire Body Assessment* (MOREBA) di *Home Industry* Lanting Bu Tuti. CMDQ adalah kuesioner yang digunakan untuk mengukur bagian tubuh yang merasakan ketidaknyamanan selama bekerja. Metode MOREBA merupakan pengembangan dari metode REBA. Dari hasil pengolahan data metode CMDQ diperoleh tiga bagian tubuh pekerja yang paling merasakan sakit yaitu punggung bawah sebanyak 29,2%, pundak kanan sebanyak 22,5% dan pundak kiri sebanyak 13,8%. Dari pengolahan data metode MOREBA diperoleh stasiun kerja yang memiliki skor MOREBA tertinggi yaitu proses pembentukan bola-bola yang memiliki skor sebesar 14,582 dengan tingkat risiko sedang. Usulan perbaikan diberikan pada stasiun kerja yang memiliki skor MOREBA tertinggi. Usulan perbaikan yang diberikan yaitu kursi, meja dan alat bantu pembentukan bola-bola serta pemberian jeda istirahat minimal 15 menit dalam waktu 2 jam sekali. Dari hasil simulasi diperoleh bahwa adanya rancangan usulan perbaikan ini dapat mengurangi skor MOREBA pada proses pembentukan bola-bola menjadi 10,491 dengan tingkat risiko rendah. Dengan rancangan usulan perbaikan ini diharapkan mampu mengurangi keluhan otot rangka di area punggung, lengan, pergelangan tangan dan kaki.

Kata kunci : Ergonomi, Keluhan Otot Rangka, Postur Kerja, *Cornell Musculoskeletal Discomfort Questionnaires*, *Modified Rapid Entire Body Assessment*

ABSTRACT

EVALUATION OF WORK POSTURE USING THE MODIFIED RAPID ENTIRE BODY ASSESSMENT (MOREBA)

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Mrs. Tuti's Lanting Home Industry is a manufacturing industry engaged in the production of lanting. Based on initial observations, 13 workers out of 17 workers at Mrs. Tuti's Lanting Home Industry experienced musculoskeletal disorders such as waist, shoulder, back, knee, neck, hand, thigh and leg pain. In the process of making lanting, unergonomic working conditions were found. Problems related to these non-ergonomic working conditions should be resolved to reduce musculoskeletal disorders. This study aims to analyze the musculoskeletal disorders using the Cornell Musculoskeletal Discomfort Questionnaires (CMDQ) method and evaluate the working posture using the Modified Rapid Entire Body Assessment (MOREBA) method at the Mrs. Tuti's Lanting Home Industry. CMDQ is a questionnaire used to measure body parts that feel discomfort during work. The MOREBA method is a development of the REBA method. From the results of data processing CMDQ method obtained three parts of the body of workers who feel the most pain, namely the lower back as much as 29.2%, the right shoulder as much as 22.5% and the left shoulder as much as 13.8%. From the data processing of the MOREBA method, it is obtained that the workstation that has the highest MOREBA score is the balls shaping process which has a score of 14.582 with a moderate risk level. Proposed improvements are given to the workstation that has the highest MOREBA score. The proposed improvements are chairs, tables and tools for forming balls and providing a minimum 15-minute break every 2 hours. From the simulation results, it is obtained that the design of this improvement proposal can reduce the MOREBA score in the balls shaping process to 10,491 with a low risk level. The proposed design is expected to reduce musculoskeletal disorders in the areas of the back, arms, wrists and legs.

Keywords : *Ergonomics, Musculoskeletal Disorders, Work Posture, Cornell Musculoskeletal Discomfort Questionnaire, Modified Rapid Entire Body Assessment.*