

## INTISARI

### **PENDEKATAN ERGONOMI PARTISIPATIF UNTUK ANALISIS RISIKO TERJADINYA *WORK-RELATED MUSCULOSKELETAL DISORDERS* PADA PEKERJA BONGKAR MUAT BUAH SAWIT** (Studi Kasus : Ram Sawit Beben, Kecamatan Pino, Bengkulu Selatan)

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Ram Sawit Beben adalah usaha yang bergerak di bidang penampungan buah sawit sebelum dikirim ke pabrik sawit. Ram Sawit Beben merupakan salah satu pemasok buah sawit yang ada di Kabupaten Bengkulu Selatan. Permasalahan yang terjadi pada Ram Sawit Beben terutama pada area bongkar muat buah sawit adalah adanya risiko cedera *Musculoskeletal Disorders* (MSDs) yang disebabkan oleh aktivitas bongkar muat buah sawit dengan beban yang berat serta aktivitas *Manual Material Handling* (MMH). Keluhan pekerja diidentifikasi menggunakan kuesioner *Nordic Body Map* (NBM) kemudian dianalisis dengan *Job Strain Index* (JSI) dan *Rapid Upper Limb Assessment* (RULA). Hasil kuesioner NBM menunjukkan bahwa sebelum pekerja melakukan aktivitas bongkar muat buah sawit pekerja hanya mengeluhkan cukup sakit pada beberapa segmen tubuh, tidak ada keluhan sakit dan sangat sakit. Akan tetapi setelah melakukan aktivitas bongkar muat buah sawit pekerja menyampaikan keluhan sakit dan sangat sakit hampir di semua segmen tubuh. Skor JSI menunjukkan nilai index 27 yang berarti aktivitas bongkar muat buah sawit memiliki tingkat risiko yang tinggi. Hasil skor RULA menunjukkan harus adanya tindakan sekarang juga. Hasil dari diskusi FGD yaitu melakukan penyuluhan mengenai metode angkat beban yang baik dan benar yaitu posisi tubuh sedikit jongkok, badan dan dada lurus ketika mengangkat beban, serta merekomendasikan postur kerja yang ideal bagi pekerja agar terhindar dari cedera MSDs.

***Kata kunci*** : *Ergonomi Partisipatif, Musculoskeletal Disorders, Ram Sawit*

## **ABSTRACT**

### **PARTICIPATORY ERGONOMIC APPROACH FOR THE ANALYSIS OF THE RISK OF OCCURRENCE WORK-RELATED MUSCULOSKELETAL DISORDERS ON PALM FRUIT LOADING AND UNLOADING WORKERS**

*(Case Study: Ram Sawit Beben, Pino District, South Bengkulu)*

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*Ram Sawit Beben is a business engaged in collecting palm fruit before being sent to a palm oil mill. Ram Sawit Beben is one of the suppliers of palm fruit in South Bengkulu Regency. The problem that occurs in Ram Sawit Beben, especially in the palm fruit loading and unloading area, is the risk of musculoskeletal disorders (MSDs) injury caused by palm fruit loading and unloading activities with heavy loads and Manual Material Handling (MMH) activities. Worker complaints were identified using a Nordic Body Map (NBM) questionnaire and then analyzed with the Job Strain Index (JSI) and Rapid Upper Limb Assessment (RULA). The results of the NBM questionnaire showed that before the workers carried out the loading and unloading activities of palm fruit, workers only complained of being quite sick in several segments of the body, there were no complaints of pain and were very sick. However, after carrying out the loading and unloading activities of palm fruit, workers complained of pain and pain in almost all segments of the body. The JSI score shows an index value of 27 which means that palm fruit loading and unloading activities have a high level of risk. The rula score results show that there must be action right now. The result of the FGD discussion was to conduct counseling on good and correct weight lifting methods, namely a slightly squat body position, straight body and chest when lifting weights, and recommending an ideal work posture for workers to avoid MSDs injuries.*

*Keywords : Participatory Ergonomics, Musculoskeletal Disorders, Palm Ram*