ANALISIS POSTUR KERJA UNTUK MENGURANGI RISIKO MUSCULOSKELETAL DISORDERS MENGGUNAKAN METODE REBA DI CV CAHAYA SETIA MULIA ABADI

Egga Jerri Indri Saputri*[1] , Widya Setiafindari[2]
Program Studi Teknik Industri, Universitas Teknologi Yogyakarta, Jl. Glagahsari No63, Warungboto, Kec. Umbulharjo, Kota Yogyakarta, Daerah Istimewa Yogyakarta 55164
e-mail:
*[1]eggajerrihab@gmail.com, [2]widyasetia@uty.ac.id

Abstrak

Pekerja jahit di CV Cahaya Setia Mulia Abadi menjalani aktivitas kerja yang statis dan repetitif, seperti duduk membungkuk dalam waktu lama dan melakukan gerakan menjahit secara terus-menerus. Hal ini menyebabkan berbagai keluhan fisik, seperti nyeri punggung (78%), leher bawah (75%), leher atas (73%), serta keluhan lain seperti pegal pada bahu, kesemutan di pergelangan tangan, dan kekakuan otot pinggang. Penelitian ini bertujuan untuk menganalisis tingkat risiko gangguan *muskuloskeletal* (MSDs) dengan metode *Rapid Entire Body Assessment* (REBA), mengidentifikasi bagian tubuh yang paling terdampak melalui kuesioner *Nordic Body Map* (NBM), dan merancang upaya perbaikan postur kerja menggunakan data antropometri. Hasil penilaian menunjukkan sebagian besar aktivitas menjahit berada pada kategori risiko sedang (skor 5–7), dan beberapa lainnya pada risiko tinggi (skor 8). Perbaikan dilakukan melalui penyesuaian dimensi kursi berdasarkan data antropometri, serta penambahan bantalan duduk dan sandaran punggung. Setelah simulasi perbaikan, skor REBA menurun menjadi 2, termasuk dalam kategori risiko rendah. Hasil ini menunjukkan bahwa perbaikan postur kerja dan desain kursi ergonomis dapat secara signifikan menurunkan risiko cedera, meningkatkan kenyamanan, serta menjaga produktivitas kerja. Penelitian ini memberikan kontribusi penting bagi industri untuk menciptakan lingkungan kerja yang lebih sehat dan aman.

Kata Kunci: REBA, *Nordic Body Map*, ergonomi, antropometri, gangguan muskuloskeletal, keluhan fisik

WORK POSTURE ANALYSIS TO REDUCE THE RISK OF MUSCULOSKELETAL DISORDERS USING THE REBA METHOD AT CV CAHAYA SETIA MULIA ABADI

Egga Jerri Indri Saputri*[1] , Widya Setiafindari[2]
Industrial Engineering Study Program, University of Technology Yogyakarta, Jl. Glagahsari No63, Warungboto, Kec. Umbulharjo, Kota Yogyakarta, Daerah Istimewa Yogyakarta 55164
e-mail:
*[1]eggajerrihab@gmail.com, [2]widyasetia@uty.ac.id

Abstract

Sewing workers at CV Cahaya Setia Mulia Abadi engage in static and repetitive work activities, such as sitting hunched over for long periods and performing continuous sewing movements. This causes various physical complaints, such as back pain (78%), lower neck pain (75%), upper neck pain (73%), and other complaints such as shoulder pain, tingling in the wrists, and stiffness in the lumbar muscles. This study aims to analyze the risk level of musculoskeletal disorders (MSDs) using the Rapid Entire Body Assessment (REBA) method, identify the most affected body parts using the Nordic Body Map (NBM) questionnaire, and design efforts to improve work posture using anthropometric data. The assessment results showed that most sewing activities were in the medium risk category (score 5–7), and several others were at high risk (score 8). Improvements were made by adjusting chair dimensions based on anthropometric data, as well as adding seat cushions and backrests. After the improvement simulation, the REBA score decreased to 2, included in the low risk category. These results indicate that improving work posture and ergonomic chair design can significantly reduce the risk of injury, increase comfort, and maintain work productivity. This research provides an important contribution to the industry's efforts to create healthier and safer work environments.

Keywords*: REBA, Nordic Body Map, ergonomics, anthropometry, musculoskeletal disorders, physical complaints*

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