

ABSTRAK

Penelitian ini mendukung *Sustainable Development Goals* (SDGs) khususnya SDG 3: *Good Health and Well-Being* (kehidupan sehat dan sejahtera), yang bertujuan meningkatkan kesehatan dan kesejahteraan melalui upaya pencegahan gangguan kesehatan akibat pekerjaan. Proses pemotongan rambak kulit sapi di UD. Abdi Jaya masih dilakukan secara manual menggunakan gunting dengan posisi kerja duduk di lantai dan membungkuk, sehingga berpotensi menimbulkan musculoskeletal disorders (MSDs). Penelitian ini bertujuan untuk mengetahui tingkat risiko postur kerja menggunakan metode *Rapid Upper Limb Assessment* (RULA), merancang alat pemotong rambak kulit sapi yang ergonomis dengan pendekatan *Ergonomic Function Deployment* (EFD), serta mengevaluasi tingkat risiko setelah perbaikan. Hasil analisis RULA pada lima pekerja menunjukkan skor awal berada pada rentang 5–6 yang mengindikasikan perlunya investigasi lebih lanjut dan tindakan perbaikan segera. Berdasarkan hasil EFD dan *House of Ergonomic* (HOE), dirancang alat pemotong rambak kulit sapi dengan mekanisme pisau sistem tuas yang dilengkapi gagang serta meja kerja yang disesuaikan dengan data antropometri pekerja. Hasil evaluasi setelah perbaikan menunjukkan skor RULA menurun menjadi rentang 3–4. Hasil tersebut menunjukkan bahwa alat yang dirancang mampu mengurangi risiko MSDs dan menghasilkan postur kerja yang lebih ergonomis pada pekerja bagian pemotongan.

Kata kunci : Fasilitas kerja, RULA, EFD, SDG 3.

ABSTRACT

This study supports the Sustainable Development Goals (SDGs), particularly SDG 3: Good Health and Well-Being, which aims to improve health and well-being through the prevention of work-related health disorders. The process of cutting cattle skin crackers at UD. Abdi Jaya is still performed manually using scissors while workers sit on the floor in a bent posture, which may lead to musculoskeletal disorders (MSDs). This study aims to determine the level of work posture risk using the Rapid Upper Limb Assessment (RULA) method, design an ergonomic cattle skin cutting tool using the Ergonomic Function Deployment (EFD) approach, and evaluate the level of risk after the improvement. The RULA analysis conducted on five female workers showed initial scores ranging from 5 to 6, indicating that further investigation and immediate corrective actions were required. Based on the EFD and House of Ergonomic (HOE) results, a cattle skin cutting tool was designed with a lever-based cutting mechanism equipped with a handle and a worktable adjusted to the workers' anthropometric data. The evaluation results after the improvement showed that the RULA scores decreased to a range of 3–4. These findings indicate that the proposed tool is capable of reducing the risk of MSDs and improving the ergonomic working posture of workers in the cutting process.

Keywords: Work Facilities, RULA, EFD, SDG 3.