

ABSTRAK

Proses pemindahan *finished goods* dari produksi ke *warehouse* memiliki aktivitas kerja memompa untuk menaikkan *fork*, menarik *hand pallet manual*, dan memompa untuk menurunkan *fork*. Aktivitas tersebut dilakukan berulang kali dengan mengangkut beban berkapasitas 96 - 100 kg dari area produksi filter dan *capsule* ke *warehouse production support*. Operator pada departemen *warehouse* sering mengalami keluhan mengenai *musculoskeletal disorders*. Perbaikan dilakukan menggunakan metode REBA (*Rapid Entire Body Assessment*) dan metode OWAS (*Ovako Work Posture Analysis System*). REBA adalah sebuah metode ergonomik yang dipakai dengan cepat untuk menilai pekerja pada postur kerja. OWAS adalah suatu metode ergonomi yang dimanfaatkan untuk mengavaluasi postural stress yang mengakibatkan MSDs. Aktivitas kerja memompa untuk menaikkan *fork* mendapat skor REBA 5 dan OWAS 1, menarik *hand pallet manual* mendapat skor REBA 11 dan OWAS 3, dan memompa untuk menurunkan *fork* mendapat skor REBA 5 dan OWAS 1. Redesain fasilitas kerja dilakukan dengan merubah tinggi fasilitas kerja sesuai dengan antropometri Indonesia, panjang *fork* didesain lebih panjang agar beban tidak menutupi pandangan pekerja dan bagian untuk menurunkan *fork* dilakukan cukup sekali tekan dengan jari tangan. Hasil redesain fasilitas kerja tersebut akan digunakan operator dengan prosedur sesuai SOP yang telah dibuat. Setelah dilakukan perbaikan hasil perhitungan metode REBA diperoleh skor 3 dan OWAS diperoleh skor 1.

Kata Kunci : *musculoskeletal disorders*, REBA, OWAS, *finished goods*.

ABSTRACT

The process of moving finished goods from production to the warehouse includes pumping work activities to raise the forks, manual hand pallet pulling, and pumping to lower the forks. This activity is carried out repeatedly by transporting loads with a capacity of 96 – 100 kg from the filter and capsule production area to the production support warehouse. Operators in the warehouse often experience complaints of musculoskeletal disorders. Improvements were carried out using the REBA (Rapid Entire Body Assessment) method and the OWAS (Ovako Work Posture Analysis System) method. REBA is an ergonomic method used to quickly assess a worker's working posture. OWAS is an ergonomic method used to evaluate postural stress that causes MSDs. The pumping work activity to raise the forks received a REBA 5 and OWAS 1, the manual hand pallet pulling work activity received a REBA 11 and OWAS 3, and the pumping work activity to lower the forks received a REBA 5 and OWAS 1. Facility redesign was carried out by changing the height work facilities in accordance with Indonesian anthropometry, the length of the fork is designed to be longer so that the load does not cover the worker's view and the part to lower the fork is done with just one press with your finger. The results of the work facility redesign will be used by operators using procedures according to the SOP that has been created. After improvements were made to the calculation results of the REBA method, a score of 3 was obtained and OWAS was obtained with a score of 1.

Keywords : *musculoskeletal disorders, REBA, OWAS, finished goods.*