ANALISIS POSTUR KERJA MENGGUNAKAN METODE *CORNELL MUSCULOSKELETAL DISCOMFORT QUESTIONNAIRES (CMDQ), WORKPLACE ERGONOMIC RISK ASSESSMENT (WERA),* dan *JOB STRAIN INDEX* (JSI) PADA PABRIK KERIPIK TEMPE PANDAWA

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ABSTRAK

Pabrik keripik tempe pandawa suatu usaha yang memproduksi keripik tempe yang berada di daerah Jatibening Baru, Bekasi. Pada saat proses pembuatan keripik tempe, beberapa pekerja merasa tidak nyaman dan mudah lelah karena kondisi ruang kerja yang panas dan pengap. Proses pengolahan keripik tempe pandawa beberapa masih menggunakan peralatan manual dan tenaga manusia seperti penggorengan, pengaduk ragi dengan kedelai, pelubangan plastik tempe, dan pengemasan keripik tempe, hanya proses pemotongan yang sudah menggunakan mesin pemotong. Pada proses pelubangan plastik postur tubuh pekerja dalam posisi yang tidak baik, sehingga dapat menyebabkan resiko cidera apabila dilakukan secara terus menerus. Metode yang digunakan dalam penelitian adalah *Nordic Body Map* (NBM), *Cornell Musculoskeletal Discomfort Questionnaires* (CMDQ), *Workplace Ergonomic Risk Assessment* (WERA), dan *Job Strain Index* (JSI) untuk mengurangi tingkat keluhan sakit yang dirasakan pekerja. Hasil pengolahan data dengan metode WERA dan JSI menunjukan bahwa pekerja pada stasiun kerja pelubangan plastik memiliki tingkat risiko tinggi, dengan hasil kuesioner CMDQ dan NBM mengalami keluhan sakit pada beberapa bagian tubuh. Usulan perbaikan yang dilakukan yaitu dengan merancang alat bantu berdasarkan perhitungan antropometri berupa alat pelubangan plastik. Hasil perbandingan antara NBM, CMDQ, WERA dan JSI sebelum dan sesudah perbaikan mengalami tingkat risiko menurun.

Kata kunci: Suhu, Kelembaban, CMDQ, WERA, JSI

ANALYSIS OF WORKERS POSTURE USING CORNELL MUSCULOSKELETAL DISCOMFORT QUESTIONNAIRES (CMDQ), WORKPLACE ERGONOMIC RISK ASSESSMENT (WERA), AND JOB STRAIN INDEX (JSI) AT PANDAWA TEMPE CHIPS FACTORY

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ABSTRACT

The pandawa tempe chips factory was an industry that produced tempe chips in the Jatibening Baru *areas in* Bekasi*. During the process of producing tempe, some workers are uncomfortable and easily tired because of the hot and sultry conditions in the workplace. The processing of pandawa tempe chips has continued to be used by some such tools as deep fryer, a leavening agent with soybeans, the casting of a plastic tempe, and the packaging of tempe chips, cutting only with a cutting machine. At the dissolution of the plastic, a worker's postulate body is in a bad position, and thus can lead to a constant risk of injury. Methods used in research are the Nordic Body Map (NBM), Cornell Musculoskeletal Discomfort Questionnaires* (CMDQ), *Workplace Ergonomic Risk Assessment* (WERA), *and Job Strain Index* (JSI) *to reduce the level of pain complaints felt by workers. The results of data processing using the WERA and JSI methods show that workers at the plastic perforating work station have a high level of risk, with both CMDQ and NBM questionnaires complaining of pain in various parts of the body. The proposed improvement is to design a tool based on anthropometric calculations in the form of a plastic perforation tool. The results of the comparison between NBM, CMDQ, WERA and JSI the before and after improvement experienced have a low level of risk.*

Keywords: Temperature, Humidity, CMDQ, WERA, JSI