

HUBUNGAN PENERAPAN ERGONOMI TUBUH DENGAN RISIKO CEDERA KERJA PADA PERAWAT DI RS TK. II MOH. RIDWAN MEURAKSA

Dian Kriswanti

Abstrak

Penerapan ergonomi yang tepat berperan penting dalam pencegahan cedera kerja pada tenaga keperawatan yang melakukan aktivitas fisik tinggi. Penelitian ini bertujuan untuk mengetahui hubungan antara penerapan ergonomi tubuh dengan risiko cedera kerja pada perawat di RS TK. II Moh. Ridwan Meuraksa. Penelitian menggunakan metode kuantitatif dengan desain *cross-sectional* terhadap 132 perawat pelaksana dan kepala ruangan yang dipilih menggunakan teknik *total sampling*. Instrumen penelitian berupa lembar observasi *Ovako Working Posture Analysis System* (OWAS) untuk menilai penerapan ergonomi dan *Nordic Body Map* (NBM) untuk mengidentifikasi tingkat risiko cedera kerja. Analisis data dilakukan menggunakan uji *Chi-square*. Hasil penelitian menunjukkan tidak terdapat hubungan yang signifikan antara penerapan ergonomi tubuh dengan risiko cedera kerja pada perawat ($p\text{-value} = 0,582$). Pada karakteristik individu, hanya usia yang memiliki hubungan signifikan dengan risiko cedera kerja ($p\text{-value} < 0,001$), sedangkan BMI, tinggi badan, dan tingkat pendidikan tidak berhubungan. Aktivitas perawat meliputi dokumentasi keperawatan berbasis komputer, pemeriksaan tanda vital, perawatan luka, pelepasan infus dan kateter, pengoplosan obat, pengecekan gula darah, serta mobilisasi pasien. Keluhan terbanyak dirasakan pada leher, bahu, punggung hingga pinggang, lengan, pergelangan tangan, lutut, dan betis. Kesimpulannya, cedera muskuloskeletal dipengaruhi oleh beban kerja, postur, dan durasi kerja, sehingga diperlukan peran manajemen keperawatan melalui pelatihan ergonomi, terutama bagi perawat muda.

Kata kunci: Ergonomi Tubuh, Muskuloskeletal, Lama Kerja, Risiko Cedera Kerja, Perawat, OWAS, NBM.

THE RELATIONSHIP BETWEEN THE IMPLEMENTATION OF BODY ERGONOMICS AND THE RISK OF WORK INJURIES AMONG NURSES AT RS TK. II MOH. RIDWAN MEURAKSA

Dian Kriswanti

Abstract

The proper application of ergonomics plays an important role in the prevention of work injuries in nursing personnel who perform high physical activity. This study aims to determine the relationship between the application of body ergonomics and the risk of work injuries in nurses at kindergarten hospitals. II Moh. Ridwan Meuraksa. The study used a quantitative method with a cross-sectional design on 132 implementing nurses and heads of wards who were selected using the total sampling technique. The research instrument is in the form of an observation sheet of the Ovako Working Posture Analysis System (OWAS) to assess the application of ergonomics and Nordic Body Map (NBM) to identify the level of risk of work injury. Data analysis was carried out using the Chi-square test. The results showed that there was no significant relationship between the application of body ergonomics and the risk of work injury in nurses ($p\text{-value} = 0.582$). In individual characteristics, only age had a significant association with the risk of work injury ($p\text{-value} < 0.001$), while BMI, height, and education level were not related. Nurses' activities include computer-based nursing documentation, vital sign examinations, wound care, infusion and catheter release, drug dispensing, blood sugar checks, and patient mobilization. The most complaints are felt in the neck, shoulders, back to waist, arms, wrists, knees, and calves. In conclusion, musculoskeletal injuries are influenced by workload, posture, and duration of work, so the role of nursing management through ergonomics training is needed, especially for young nurses.

Keywords: *Body Ergonomics, Musculoskeletal, Length of Work, Occupational Injury Risk, Nurses, OWAS, NBM.*