

ABSTRAK

UD Sumber Rezeki adalah perusahaan yang memproduksi barang setengah jadi yaitu berupa press box dan press paper. Bahan mentah untuk membuat bahan setengah jadi ini didapatkan dari pengepul pengepul kecil, toko, swalayan, mall, dan perusahaan yang terdapat di area Semarang. Berdasarkan pengamatan di perusahaan tersebut, sebagian besar pekerja pada UD Sumber Rezeki bekerja pada lapangan yang memerlukan tenaga ekstra untuk melakukan pekerjaan tersebut. Selain itu aktivitas pekerjaan dilakukan secara terus menerus dengan tingkat kelelahan kerja yang tinggi. Para pekerja mengeluhkan mudah kelelahan setiap bekerja karena pekerjaan mereka dilakukan secara kontinyu dengan beban yang besar. Keluhan lain dari para pekerja antara lain seringkali mengalami sakit pada bagian leher, punggung, pinggang, dan tangan. Metode yang digunakan untuk menghtiung beban kerja pekerja adalah Cardiovascular Load (CVL) dan untuk mengukur nilai postur kerja dengan menggunakan metode Rapid Upper Limb Assessment (RULA). Berdasarkan hasil perhitungan CVL didapatkan nilai masing masing pekerja sebesar 20,95%, 20,39%, 17,96%, 30,21%, 32,56%, 30,58%, 34,92%, 36,99%, dan 35,47%. Berdasarkan nilai tersebut, 6 dari 9 pekerja masuk ke dalam kategori diperlukan perbaikan yaitu pekerja pada bagian operator mesin, supir forklift, dan bagian sortir. Sementara untuk hasil perhitungan RULA didapatkan masing masing pekerja pada bagian sortir adalah 3 yang termasuk kategori kecil dan untuk bagian sortir dengan nilai 6 yang termasuk kategori sedang dan 7 yang termasuk kategori tinggi.

Kata Kunci: Beban Kerja, Denyut Nadi, CVL, NBM, Postur Kerja, RULA

ABSTRACT

UD Sumber Rezeki is a company that produces semi-finished goods in the form of press boxes and press papers. The raw materials for making this intermediate material are obtained from small collectors, shops, supermarkets, malls, and companies in the Semarang area. Based on observations at the company, most of the workers at UD Sumber Rezeki work in the field who need extra labor to do the work. In addition, work activities are carried out continuously with a high level of work fatigue. The workers complained of fatigue easily when working because their work was carried out continuously with a large burden. Other complaints from the workers include frequent pain in the neck, back, waist and hands. The method used to reduce the workload of workers is Cardiovascular Load (CVL) and to measure the value of work postures using the Rapid Upper Limb Assessment (RULA) method. Based on the calculation of CVL, the value of each worker is 20.95%, 20.39%, 17.96%, 30.21%, 32.56%, 30.58%, 34.92%, 36.99%, and 35.47%. Based on this value, 6 out of 9 workers fall into the category of repairs needed, namely workers on the machine operator, forklift drivers, and sorting departments. While for the results of the calculation of RULA, each worker in the sorting section is 3 which is in the small category and for the sorting section with a value of 6 which is included in the medium category and 7 which is in the high category. In the research conducted, recommendations for improvement can be proposed, which is seen from two methods. In the CVL method, to reduce the workload of each worker is done by dividing the work area for sorting workers so that each sorting worker works in the area that has been applied, and improving the work environment which is more organized and adding rest periods. RULA, to reduce the value of RULA and reduce the risk of muscle injury to workers in the forklift and sorting drivers. For workers forklift driver section is done by adjusting the position of the forklift seats to make it more comfortable for workers. For workers, the sorting section is done by adding tools to pick up goods, namely sticks and baskets so that workers do not have to bend down to retrieve goods. With the addition of these aids it is hoped that workers can do their jobs more comfortably and reduce the occurrence of muscle injuries.

Key words: *Workload, Pulse, CVL, NBM, Work Posture, RULA*