

DAFTAR ISI

LEMBAR PERSETUJUAN	Error! Bookmark not defined.
LEMBAR PENGESAHAN	Error! Bookmark not defined.
LEMBAR PERNYATAAN	Error! Bookmark not defined.
KATA PENGANTAR.....	Error! Bookmark not defined.
ABSTRAK	Error! Bookmark not defined.
ABSTRACT	Error! Bookmark not defined.
DAFTAR ISI.....	ix
DAFTAR TABEL	xii
DAFTAR GAMBAR.....	xiii
DAFTAR LAMPIRAN	xiv
BAB I PENDAHULUAN.....	Error! Bookmark not defined.
1.1 Latar Belakang.....	Error! Bookmark not defined.
1.2 Rumusan Masalah	Error! Bookmark not defined.
1.3 Tujuan Penelitian.....	Error! Bookmark not defined.
1.4 Manfaat Penelitian.....	Error! Bookmark not defined.
1.5 Batasan Penelitian	Error! Bookmark not defined.
BAB II TINJAUAN PUSTAKA.....	Error! Bookmark not defined.
2.1 Pengertian Ergonomi	Error! Bookmark not defined.
2.2 Tujuan Ergonomi.....	Error! Bookmark not defined.
2.3 Manfaat Ergonomi.....	Error! Bookmark not defined.
2.4 Prinsip Ergonomi.....	Error! Bookmark not defined.
2.5 <i>Musculoskeletal Disorders</i> (MSDs)	Error! Bookmark not defined.
2.5.1 Pengertian MSDs (<i>Musculoskeletal Disorders</i>)....	Error! Bookmark not defined.
2.5.2 Penyebab <i>Musculoskeletal Disorders</i> (MSDs)	Error! Bookmark not defined.
2.5.3 Jenis-jenis Musculoskeletal Disorder (MSDs).....	Error! Bookmark not defined.
2.6 Faktor Risiko Ergonomi Terkait MSDs.	Error! Bookmark not defined.
2.6.1 Faktor Risiko Terhadap Pekerjaan.....	Error! Bookmark not defined.

- 2.7 OWAS (*Ovako Work Posture Analysis System*).. **Error! Bookmark not defined.**
- 2.8 *Nordic Body Map* (NBM).....**Error! Bookmark not defined.**



2.9	Penelitian Terkait.....	Error! Bookmark not defined.
BAB III METODE PENELITIAN		Error! Bookmark not defined.
3.1	Objek Penelitian	Error! Bookmark not defined.
3.2	Metode Pengumpulan Data	Error! Bookmark not defined.
3.2.1	Data Primer	Error! Bookmark not defined.
3.2.2	Data Sekunder.....	Error! Bookmark not defined.
3.3	Teknik Pengumpulan Data	Error! Bookmark not defined.
3.3.1	Observasi	Error! Bookmark not defined.
3.3.2	Wawancara.....	Error! Bookmark not defined.
3.4	Populasi dan sampel	Error! Bookmark not defined.
3.4.1	Populasi	Error! Bookmark not defined.
3.4.2	Sampel	Error! Bookmark not defined.
3.5	Kerangka Pemikiran	Error! Bookmark not defined.
3.6	Prosedur Penelitian.....	Error! Bookmark not defined.
3.7	Teknik Analisis Data	Error! Bookmark not defined.
3.7.1	OWAS (<i>Ovako Work Posture Analysis System</i>)....	Error! Bookmark not defined.
3.7.2	NBM (<i>Nordic Body Map</i>).....	Error! Bookmark not defined.
BAB IV PENGUMPULAN DAN PENGOLAHAN DATA		Error! Bookmark not defined.
4.1	Gambaran Umum Perusahaan	Error! Bookmark not defined.
4.1.1	Profil Perusahaan	Error! Bookmark not defined.
4.1.2	Lokasi Perusahaan	Error! Bookmark not defined.
4.1.3	Alur Proses Pembuatan Rangka Bak	Error! Bookmark not defined.
4.2	Pengumpulan Data.....	Error! Bookmark not defined.
4.2.1	Berat Beban Pekerja.....	Error! Bookmark not defined.
4.2.2	Karakteristik Subjek	Error! Bookmark not defined.
4.2.3	Data Metode <i>Ovako Work Posture of Analyse</i> (OWAS).....	Error! Bookmark not defined.
4.2.4	Data Metode <i>Nordic Body Map</i> (NBM)	Error! Bookmark not defined.
4.3	Pengolahan Data Metode <i>Ovako Work Posture of Analyse</i> (OWAS)	Error! Bookmark not defined.

4.3.1	Penilaian Operator Produksi Saat Mengangkat Pelat Baja.....	Error! Bookmark not defined.
4.3.2	Penilaian Operator Produksi Saat Memindahkan Pelat Baja....	Error! Bookmark not defined.
4.3.3	Penilaian Operator Produksi Saat Menahan Pelat Baja	Error! Bookmark not defined.
4.4	Pengolahan Data Metode <i>Nordic Body Map</i> (NBM) .	Error! Bookmark not defined.
4.5	Analisis Hasil Penelitian.....	Error! Bookmark not defined.
4.6.1	Hasil Analisis Metode <i>Ovako Work Posture of Analyse</i> (OWAS)	Error! Bookmark not defined.
4.6.2	Hasil Analisis Metode <i>Nordic Body Map</i> (NBM) .	Error! Bookmark not defined.
4.6	Hasil Relasi Metode Penelitian	Error! Bookmark not defined.
BAB V KESIMPULAN DAN SARAN		Error! Bookmark not defined.
5.1	Kesimpulan.....	Error! Bookmark not defined.
5.2	Saran	Error! Bookmark not defined.
DAFTAR PUSTAKA		Error! Bookmark not defined.
LAMPIRAN		Error! Bookmark not defined.
DAFTAR RIWAYAT HIDUP		Error! Bookmark not defined.

DAFTAR TABEL

Tabel 2.1 Jenis-jenis MSDs, Faktor Risiko Serta Pekerjaan Yang Berpotensi Menimbulkannya.....	Error! Bookmark not defined.
Tabel 2.2 Skor Bagian Belakang (<i>Back</i>)	Error! Bookmark not defined.
Tabel 2.3 Skor Bagian Lengan (<i>Arms</i>)	Error! Bookmark not defined.
Tabel 2.4 Skor Bagian Kaki (<i>Legs</i>)	Error! Bookmark not defined.
Tabel 2.5 Skor Berat Beban (<i>Load</i>)	Error! Bookmark not defined.
Tabel 2.6 Kategori Tindakan Kerja OWAS	Error! Bookmark not defined.
Tabel 2.7 Kategori Tingkat Risiko	Error! Bookmark not defined.
Tabel 2.8 Tabel Penelitian Terkait	Error! Bookmark not defined.
Tabel 3.1 Kerangka Pemikiran	Error! Bookmark not defined.
Tabel 3.2 Kategori Tindakan Kerja OWAS	Error! Bookmark not defined.
Tabel 3.3 Kategori Tingkat Risiko	Error! Bookmark not defined.
Tabel 4.1 Data Karakteristik Pekerja.....	Error! Bookmark not defined.
Tabel 4.2 Kategori Tindakan Kerja OWAS Operator A	Error! Bookmark not defined.
Tabel 4.3 Kategori Tindakan Kerja OWAS Operator B	Error! Bookmark not defined.
Tabel 4.4 Kategori Tindakan Kerja OWAS Operator C	Error! Bookmark not defined.
Tabel 4.5 Kategori Tindakan Kerja OWAS Operator A	Error! Bookmark not defined.

Tabel 4.6 Kategori Tindakan Kerja OWAS Operator B **Error! Bookmark not defined.**

Tabel 4.7 Kategori Tindakan Kerja OWAS Operator C **Error! Bookmark not defined.**

Tabel 4.8 Kategori Tindakan Kerja OWAS Operator A **Error! Bookmark not defined.**

Tabel 4.9 Kategori Tindakan Kerja OWAS Operator B **Error! Bookmark not defined.**

Tabel 4.10 Kategori Tindakan Kerja OWAS Operator C ... **Error! Bookmark not defined.**

Tabel 4.11 Data Kuesioner Tingkat Keluhan Sebelum Bekerja **Error! Bookmark not defined.**

Tabel 4.12 Data Kuesioner Tingkat Keluhan Sesudah Bekerja . **Error! Bookmark not defined.**



Gambar 1.1 Kegiatan Pengangkatan Material Plat Baja **Error! Bookmark not defined.**

Gambar 1.2 *Musculoskeletal Disorders* (MSDs) . **Error! Bookmark not defined.**

Gambar 2.1 Klasifikasi Sikap Kerja Bagian Belakang (Punggung)..... **Error! Bookmark not defined.**

Gambar 2.2 Klasifikasi Sikap Kerja Bagian Lengan..... **Error! Bookmark not defined.**

Gambar 2.3 Klasifikasi Sikap Kerja Bagian Kaki **Error! Bookmark not defined.**

Gambar 2.4 Ukuran Beban (*Load*) **Error! Bookmark not defined.**

Gambar 2.5 Kuesioner *Nordic Body Map* **Error! Bookmark not defined.**

Gambar 3.1 Prosedur Penelitian**Error! Bookmark not defined.**

Gambar 3.2 Kuesioner *Nordic Body Map***Error! Bookmark not defined.**

Gambar 4.1 Proses Produksi Bak Truk**Error! Bookmark not defined.**

Gambar 4.2 Proses Pengangkutan Pelat Baja**Error! Bookmark not defined.**

Gambar 4.3 Sikap Kerja Operator A Posisi Mengangkat... **Error! Bookmark not defined.**

Gambar 4.4 Sikap Kerja Operator B Posisi Mengangkat... **Error! Bookmark not defined.**

Gambar 4.5 Sikap Kerja Operator C Posisi Mengangkat... **Error! Bookmark not defined.**

Gambar 4.6 Proses Pemindahan Pelat Baja**Error! Bookmark not defined.**

Gambar 4.7 Sikap Kerja Operator A Posisi Memindahkan **Error! Bookmark not defined.**

Gambar 4.8 Sikap Kerja Operator B Posisi Memindahkan **Error! Bookmark not defined.**

Gambar 4.9 Sikap Kerja Operator C Posisi Memindahkan **Error! Bookmark not defined.**

Gambar 4.10 Proses Menahanan Pelat Baja**Error! Bookmark not defined.**

Gambar 4.11 Sikap Kerja Operator A Posisi Menahan **Error! Bookmark not defined.**

Gambar 4.12 Sikap Kerja Operator B Posisi Menahan **Error! Bookmark not defined.**

Gambar 4.13 Sikap Kerja Operator C Posisi Menahan **Error! Bookmark not defined.**

DAFTAR LAMPIRAN

- Lampiran 1.** Posisi Operator Produksi Mengangkat Pelat Baja **Error! Bookmark not defined.**
- Lampiran 2.** Posisi Operator Produksi Memindahkan Pelat Baja **Error! Bookmark not defined.**
- Lampiran 3.** Posisi Operator Produksi Menahan Pelat Baja **Error! Bookmark not defined.**
- Lampiran 4.** Lampiran Lembar Kuesioner NBM Sebelum Bekerja Operator A **Error! Bookmark not defined.**
- Lampiran 5.** Lampiran Lembar Kuesioner NBM Setelah Bekerja Operator A **Error! Bookmark not defined.**
- Lampiran 6.** Lampiran Lembar Kuesioner NBM Sebelum Bekerja Operator B **Error! Bookmark not defined.**
- Lampiran 7.** Lampiran Lembar Kuesioner NBM Setelah Bekerja Operator B **Error! Bookmark not defined.**
- Lampiran 8.** Lampiran Lembar Kuesioner NBM Sebelum Bekerja Operator C **Error! Bookmark not defined.**
- Lampiran 9.** Lampiran Lembar Kuesioner NBM Setelah Bekerja Operator C **Error! Bookmark not defined.**
- Lampiran 10.** Lampiran Lembar Bimbingan Pembimbing 1 **Error! Bookmark not defined.**
- Lampiran 11.** Lampiran Lembar Bimbingan Pembimbing 2 **Error! Bookmark not defined.**
- Lampiran 12.** Lampiran Cek Abstrak **Error! Bookmark not defined.**
- Lampiran 13.** Lampiran Hasil Cek Turnitin **Error! Bookmark not defined.**

