

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.....	viii
DAFTAR TABEL	xi
DAFTAR GAMBAR.....	xiii
DAFTAR LAMPIRAN	xv
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 Masalah.....	Error! Bookmark not defined.
BAB II TINJAUAN PUSTAKA.....	Error! Bookmark not defined.
2.1 Pengertian Ergonomi.....	Error! Bookmark not defined.
2.1.1 Maksud dan Tujuan Ergonomi	Error! Bookmark not defined.
2.1.2 Pendekatan Ergonomi.....	Error! Bookmark not defined.
2.1.3 Postur kerja.....	Error! Bookmark not defined.
2.2 <i>Musculoskeletal Disorders</i> (MSDs)	Error! Bookmark not defined.
2.2.1 Langkah-Langkah Mengatasi Keluhan <i>Musculoskeletal</i> . ..	Error! Bookmark not defined.

2.3	Manual <i>Material Handling</i>	Error! Bookmark not defined.
2.3.1	Gambaran Umum Tulang Belakang Disc.....	Error! Bookmark not defined.
2.3.2	Penyebab Nyeri Pinggang	Error! Bookmark not defined.
2.4	Metode Penilaian Postur Kerja.....	Error! Bookmark not defined.
2.4.1	<i>Nordic Body Map</i>	Error! Bookmark not defined.
2.4.2	<i>Rappid Upper Limb Assesment</i> (RULA).....	Error! Bookmark not defined.
2.5	Anthropometri	Error! Bookmark not defined.
2.5.1	Metode Perencanaan dengan Antropometri.....	Error! Bookmark not defined.
2.5.2	Metode Pengukuran Dimensi Tubuh Manusia	Error! Bookmark not defined.
2.6	Penelitian Terkait	Error! Bookmark not defined.
2.7	Kerangka Berpikir	Error! Bookmark not defined.
BAB III METODE PENELITIAN		Error! Bookmark not defined.
3.1	Objek Penelitian	Error! Bookmark not defined.
3.2	Prosedur Penelitian.....	Error! Bookmark not defined.
3.3	Data dan Informasi	Error! Bookmark not defined.
3.3.1	Data Primer.....	Error! Bookmark not defined.
3.3.2	Data sekunder	Error! Bookmark not defined.
3.4	Metode Pengumpulan Data	Error! Bookmark not defined.
3.5	Metode Pengolahan Data	Error! Bookmark not defined.
3.6	Populasi dan Sampel	Error! Bookmark not defined.
3.6.1	Populasi	Error! Bookmark not defined.
3.6.2	Sampel	Error! Bookmark not defined.
3.7	Metode Analisis Data	Error! Bookmark not defined.

- 3.7.1 *Nordic Body Map***Error! Bookmark not defined.**
- 3.7.2 Nilai Tubuh menggunakan RULA**Error! Bookmark not defined.**
- 3.7.3 Tindakan Perbaikan Dengan Pendekatan Antropometri . **Error! Bookmark not defined.**

BAB IV HASIL DAN PEMBAHASAN.....Error! Bookmark not defined.

- 4.1 Gambaran Umum Perusahaan.....**Error! Bookmark not defined.**
- 4.4.1 Sejarah Singkat Perusahaan.....**Error! Bookmark not defined.**
- 4.4.2 Nama dan Logo Perusahaan**Error! Bookmark not defined.**
- 4.4.3 Profil Perusahaan.....**Error! Bookmark not defined.**
- 4.4.4 Visi dan Misi Perusahaan**Error! Bookmark not defined.**
- 4.4.5 Strukur Organisasi Perusahaan**Error! Bookmark not defined.**
- 4.2 Pengumpulan Data**Error! Bookmark not defined.**
- 4.2.1 Data Gambar Postur Kerja Operator**Error! Bookmark not defined.**
- 4.2.2 Kuesioner *Nordic Body Map* ...**Error! Bookmark not defined.**
- 4.3 Pengolahan Data.....**Error! Bookmark not defined.**
- 4.3.1 Data Kuesioner *Nordic Body Map***Error! Bookmark not defined.**
- 4.3.2 Uji Validitas Kuesioner Nordic Body Map**Error! Bookmark not defined.**
- 4.3.3 Nilai pada postur operator sebelum perubahan **Error! Bookmark not defined.**
- 4.4 Usulan Perbaikan Rancangan Troli Hidrolik**Error! Bookmark not defined.**
- 4.5 *Prototype* Rancangan Troli hidrolik....**Error! Bookmark not defined.**
- 4.6 *Bill Of Material* Rancangan Troli Hidrolik**Error! Bookmark not defined.**

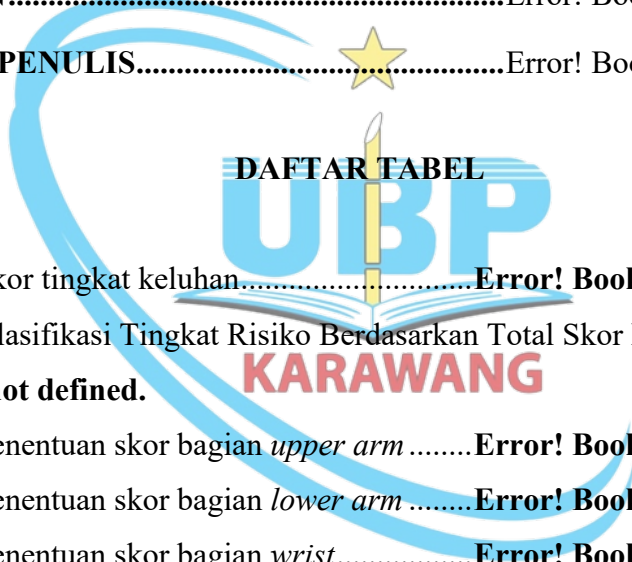
4.7 Perbaikan Postur Kerja Pada <i>Supplai Material Rack bar</i>	Error! Bookmark not defined.
4.8 Penilaian Postur Kerja Dengan Metode RULA Setelah Perbaikan	Error! Bookmark not defined.
4.9 <i>Bill Of Material Rack Bar</i>	Error! Bookmark not defined.
BAB V KESIMPULAN DAN SARAN	Error! Bookmark not defined.
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.
RIWAYAT PENULIS	Error! Bookmark not defined.
	
Table 2. 1 Skor tingkat keluhan.....	Error! Bookmark not defined.
Table 2. 2 Klasifikasi Tingkat Risiko Berdasarkan Total Skor Individu	Error! Bookmark not defined.
Table 2. 3 Penentuan skor bagian <i>upper arm</i>	Error! Bookmark not defined.
Table 2. 4 Penentuan skor bagian <i>lower arm</i>	Error! Bookmark not defined.
Table 2. 5 Penentuan skor bagian <i>wrist</i>	Error! Bookmark not defined.
Table 2. 6 Penentuan skor bagian <i>neck</i>	Error! Bookmark not defined.
Table 2. 7 Penentuan skor bagian <i>trunk</i>	Error! Bookmark not defined.
Table 2. 8 Penentuan skor bagian <i>legs</i>	Error! Bookmark not defined.
Table 2. 9 Kategori tindakan berdasarkan skor	Error! Bookmark not defined.
Table 2. 10 Perhitungan persentil.....	Error! Bookmark not defined.
Table 2. 11 Penelitian Terkait	Error! Bookmark not defined.
Table 2. 12 Penelitian Terkait (Lanjutan)	Error! Bookmark not defined.
Table 2. 13 Penelitian Terkait (Lanjutan)	Error! Bookmark not defined.
Table 4. 1 Profil Perusahaan.....	Error! Bookmark not defined.
Table 4. 2 Data Pekerja <i>Supplai Material</i>	Error! Bookmark not defined.

Table 4. 3 Klasifikasi Subjektivitas Tingkat Risiko MSDs**Error! Bookmark not defined.**

Table 4. 4 Klasifikasi Tingkat Risiko MSDs Berdasarkan Skor Total Individu
.....**Error! Bookmark not defined.**

Table 4. 5 Hasil uji kuesioner.....**Error! Bookmark not defined.**

Table 4. 6 Detail Postur Kerja Operator.....**Error! Bookmark not defined.**

Table 4. 7 Detail Postur Kerja Operator (Lanjutan)**Error! Bookmark not defined.**

Table 4. 8 Penentuan Skor Grup A Untuk Pengambilan *Material*..... **Error! Bookmark not defined.**

Table 4. 9 Penentuan lembar kerja B Pengambilan *Material***Error! Bookmark not defined.**

Table 4. 10 Penentuan RULA Skor Tabel C Pada Postur Pengambilan *Material*
.....**Error! Bookmark not defined.**

Table 4. 11 Penentuan Skor Grup A Untuk Postur Mengangkat *Material* ... **Error! Bookmark not defined.**

Table 4. 12 Penentuan Skor Grup B Untuk Postur Mengangkat *Material*.... **Error! Bookmark not defined.**

Table 4. 13 Penentuan Rula Skor Tabel C Untuk Postur Mengangkat *Material*
.....**Error! Bookmark not defined.**

Table 4. 14 Penentuan Skor Grup A Untuk Postur Peletakan *Material*..... **Error! Bookmark not defined.**

Table 4. 15 Penentuan Skor Grup B Untuk Postur Meletakan *Material*..... **Error! Bookmark not defined.**

Table 4. 16 Penentuan Rula Skor Tabel C Untuk Postur Meletakan *Material*
.....**Error! Bookmark not defined.**

Table 4. 17 Rekapitulasi Rula Sebelum Perbaikan**Error! Bookmark not defined.**

Table 4. 18 Nilai Persentil Perancangan Troli Hidrolik**Error! Bookmark not defined.**

Table 4. 19 Spesifikasi Perancangan Troli Hidrolik**Error! Bookmark not defined.**

Table 4. 20 Hasil Rekapitulasi Perhitungan Dimensi Perancangan **Error! Bookmark not defined.**

Table 4. 21 *Bill Of Material* (BOM) troli hidrolik **Error! Bookmark not defined.**

Table 4. 22 Postur Kerja Operator Setelah Perbaikan**Error! Bookmark not defined.**

Table 4. 23 Penentuan Skor Grup A Untuk Postur Pengambilan *Material* .. **Error! Bookmark not defined.**

Table 4. 24 Penentuan Skor Pada Grup B**Error! Bookmark not defined.**

Table 4. 25 Penentuan Rula Skor Tabel C**Error! Bookmark not defined.**

Table 4. 26 Perbandingan nilai rula sebelum dan sesudah**Error! Bookmark not defined.**

Table 4. 27 *Bill Of Material* (BOM) *Rack Bar***Error! Bookmark not defined.**



DAFTAR GAMBAR

Gambar 1. 1 Proses <i>supplai material rack bar</i>	Error! Bookmark not defined.
Gambar 2. 1 Ilustrasi susunan dan bagian tulang belakang	Error! Bookmark not defined.
Gambar 2. 2 Ilustrasi terjadinya hernia dan <i>disc</i> ..	Error! Bookmark not defined.
Gambar 2. 3 Ilustrasi terjadinya kenyerian pada ligamen	Error! Bookmark not defined.
Gambar 2. 4 Ilustrasi tekanan kompresif yang diterima pinggang.....	Error! Bookmark not defined.
Gambar 2. 5 <i>Nordic Body Map</i>	Error! Bookmark not defined.
Gambar 2. 6 Lembar analisis RULA.....	Error! Bookmark not defined.
Gambar 2. 7 Anggota tubuh pada lengan atas	Error! Bookmark not defined.
Gambar 2. 8 Anggota tubuh pada lengan bawah..	Error! Bookmark not defined.
Gambar 2. 9 Anggota tubuh pergelangan.....	Error! Bookmark not defined.
Gambar 2. 10 Postur tubuh bagian <i>wrist twist</i>	Error! Bookmark not defined.
Gambar 2. 11 Penentuan skor grup A	Error! Bookmark not defined.
Gambar 2. 12 Kisaran sudut gerakan leher.....	Error! Bookmark not defined.
Gambar 2. 13 Postur tubuh bagian <i>trunk</i>	Error! Bookmark not defined.
Gambar 2. 14 Penentuan skor grup B.....	Error! Bookmark not defined.
Gambar 2. 15 Penentuan RULA skor C	Error! Bookmark not defined.
Gambar 2. 16 Tulang <i>acromion</i>	Error! Bookmark not defined.
Gambar 2. 17 Tulang <i>Greater Trochanter</i>	Error! Bookmark not defined.
Gambar 2. 18 Buku Jari.....	Error! Bookmark not defined.
Gambar 2. 19 Pengukuran tubuh diukur sambil berdiri	Error! Bookmark not defined.
Gambar 2. 20 Pengukuran tubuh diukur sambil duduk	Error! Bookmark not defined.
Gambar 2. 21 Kerangka Berpikir	Error! Bookmark not defined.
Gambar 3. 1 <i>Flowchart</i> Penelitian.....	Error! Bookmark not defined.
Gambar 3. 2 Kuisisioner <i>Nordic Body Map</i>	Error! Bookmark not defined.

Gambar 3. 3	<i>Worksheet RULA</i>	Error! Bookmark not defined.
Gambar 4. 1	Gambaran Produk	Error! Bookmark not defined.
Gambar 4. 2	Logo Perusahaan.....	Error! Bookmark not defined.
Gambar 4. 3	Jam kerja perusahaan	Error! Bookmark not defined.
Gambar 4. 4	Struktur organisasi perusahaan	Error! Bookmark not defined.
Gambar 4. 5	Postur Membawa <i>Material</i>	Error! Bookmark not defined.
Gambar 4. 6	Postur Pengambilan <i>Material</i>	Error! Bookmark not defined.
Gambar 4. 7	Postur Mengangkat <i>Material</i>	Error! Bookmark not defined.
Gambar 4. 8	Postur Meletakan <i>Material</i>	Error! Bookmark not defined.
Gambar 4. 9	Rekapitulasi Kuesioner NBM.....	Error! Bookmark not defined.
Gambar 4. 10	Uji Validitas Kuesioner	Error! Bookmark not defined.
Gambar 4. 11	Distribusi nilai r tabel	Error! Bookmark not defined.
Gambar 4. 12	<i>Prototype</i> Troli Hidrolik.....	Error! Bookmark not defined.
Gambar 4. 13	Prototype Detail Troli Hidrolik	Error! Bookmark not defined.
Gambar 4. 14	Komponen troli hidrolik	Error! Bookmark not defined.
Gambar 4. 15	Postur Kerja Operator Pada Proses <i>Supplai Material Rack Bar</i> Setelah Perbaikan.....	Error! Bookmark not defined.

KARAWANG

DAFTAR LAMPIRAN

Lampiran 1 Kuesioner Pada Operator 1	Error! Bookmark not defined.
Lampiran 2 Lembar Kuesioner Pada Operator 2 ..	Error! Bookmark not defined.
Lampiran 3 Lembar Kuesioner Pada Operator 3 ..	Error! Bookmark not defined.
Lampiran 4 Lembar Kuesioner Pada Operator 4 ..	Error! Bookmark not defined.
Lampiran 5 Lembar Kuesioner Pada Operator 5 ..	Error! Bookmark not defined.
Lampiran 6 Lembar Kuesioner Pada Operator 6 ..	Error! Bookmark not defined.
Lampiran 7 Lembar Kuesioner Pada Operator 7 ..	Error! Bookmark not defined.
Lampiran 8 Lembar Kuesioner Pada Operator 8 ..	Error! Bookmark not defined.
Lampiran 9 Lembar Kuesioner Pada Operator 9 ..	Error! Bookmark not defined.
Lampiran 10 Lembar Kuesioner Pada Operator 10	Error! Bookmark not defined.
Lampiran 11 Tabel Rula Pengambilan <i>Material</i> ..	Error! Bookmark not defined.
Lampiran 12 Tabel Rula Mengangkat <i>Material</i> ..	Error! Bookmark not defined.
Lampiran 13 Tabel Rula Meletakan <i>Material</i>	Error! Bookmark not defined.
Lampiran 14 Tabel Rula Postur Perbaikan	Error! Bookmark not defined.
Lampiran 15 Form Bimbingan Seminar Proposal	Error! Bookmark not defined.
Lampiran 16 Form Bimbingan TA.....	Error! Bookmark not defined.
Lampiran 17 Uji Turnitin	Error! Bookmark not defined.
Lampiran 18 <i>Review Abstrak</i>	100