

ABSTRAK

UMKM Kerupuk Kencur merupakan usaha kecil menengah yang bergerak memproduksi kerupuk yang berlokasi di Desa Walahar, Kecamatan Klari, Karawang. Pada hasil wawancara dengan seluruh pekerja UMKM Kerupuk Kencur didapati informasi bahwa para pekerja mengalami keluhan *Musculoskeletal Disorders* (MSDs). Penelitian ini menggunakan metode *Quick Exposure Checklist* (QEC) dan *Nordic Body Map* (NBM). Melalui hasil penelitian dan perhitungan terhadap pekerja UMKM Kerupuk Kencur menggunakan metode *Quick Exposure Checklist* (QEC) dan *Nordic Body Map* (NBM) diperoleh hasil untuk keluhan sakit paling tinggi yaitu pekerja bagian penggorengan. Adapun untuk hasil pada penelitian ini menggunakan metode QEC dan NBM yaitu untuk pekerja Pudín dan Rudiñana *exposure level* (%) 91 skor NBM 25, Asih *exposure level* (%) 70 skor NBM 25, Nurhayati *exposure level* (%) 69 skor NBM 19, Asep *exposure level* (%) 73 skor NBM 16, Aldi *exposure level* (%) 72 skor NBM 17, Umar *exposure level* (%) 67 skor NBM 23, Saepudin *exposure level* (%) 76 skor NBM 28, Zaenal *exposure level* (%) 64 skor NBM 20, Ahmad S *exposure level* (%) 64 skor NBM 18. Pada bagian penggorengan ini juga memiliki nilai *exposure level* tertinggi dari jenis pekerjaan lainnya yaitu Pudín 91% dan Rudiñana 91% yang artinya termasuk kategori 4 sehingga perlu dilakukan penyelidikan dan perubahan secepatnya.

Kata Kunci: *Musculoskeletal Disorders, Quick Exposure Checklist, Nordic Body Map*

ABSTRACT

MSME Kerupuk Kencur is a small and medium business engaged in producing crackers located in Walahar Village, Klari District, Karawang. In the results of interviews with all Kerupuk Kencur MSME workers, it was found that the workers experienced complaints of *Musculoskeletal Disorders* (MSDs). This study used the *Quick Exposure Checklist* (QEC) and *Nordic Body Map* (NBM) methods. Through the results of research and calculations on Kerupuk Kencur MSME workers using the *Quick Exposure Checklist* (QEC) and *Nordic Body Map* (NBM) methods, the results obtained for the highest complaints of illness were workers in the frying section. As for the results in this study using the QEC and NBM methods, namely for Pudín and Rudiñana workers *exposure level* (%) 91 NBM score 25, Asih *exposure level* (%) 70 NBM score 25, Nurhayati *exposure level* (%) 69 NBM score 19, Asep *exposure level* (%) 73 NBM score 16, Aldi *exposure level* (%) 72 NBM score 17, Umar *exposure level* (%) 67 NBM score 23, Saepudin *exposure level* (%) 76 NBM score 28, Zaenal *exposure level* (%) 64 NBM score is 20, Ahmad S *exposure level* (%) is 64 NBM score is 18. This frying section also has the highest *exposure level* value of other types of work, namely Pudín 91% and Rudiñana 91%, which means it is included in category 4 so that an investigation and change is needed as soon as possible.

Keyword: *Musculoskeletal Disorders, Quick Exposure Checklist, Nordic Body Map*