

Analisis Ergonomi Terhadap Pekerja Penderita Low Back Pain Di Perusahaan Minyak

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Abstrak

<div style="text-align: justify;">Tesis ini membahas kasus terjadinya Low Back Pain (LBP) pada pekerja di perusahaan minyak PT. XYZ di Sumatera Wawancara dilakukan melalui telepon dikarenakan adanya pembatasan sosial di daerah kerja para responden dan peneliti. Hasil penelitian menunjukkan terdapat perbedaan yang diduga menjadi penyebab kasus LBP pada masing-masing responden. Beberapa responden memiliki faktor risiko yang diduga berhubungan dengan aktifitas pekerjaan sehari-harinya di kantor sementara responden yang lain memiliki faktor risiko yang diduga tidak berhubungan dengan aktifitas pekerjaan sehari-harinya di kantor. Dapat disimpulkan bahwa peralatan kerja para responden di kantor sudah baik dan sudah sesuai dengan kebutuhan para responden, dimana sisi positifnya para responden merasa aman untuk bekerja. Namun demikian, di sisi lain memerlukan perbaikan dalam pengelolaan jam kerja dan kebiasaan lainnya diluar jam kerja para responden.
<hr /><p>This thesis discusses the case of Low Back Pain (LBP) among workers in the oil company PT. XYZ in Sumatra. Data of workers diagnosed by LBP by a company doctor is obtained by searching manually, either from a colleague or from other information. Data collection was carried out through in-depth interviews with respondents. The interview was conducted by telephone due to social restrictions in the work area of ​​the respondents and researchers. The results showed there were differences that were suspected to be the cause of LBP cases in each respondent. Some respondents have risk factors that are thought to be related to their daily work activities in the office while other respondents have risk factors that are thought to be unrelated to their daily work activities in the office. It can be concluded that the work equipment of the respondents in the office is good and is in accordance with the needs of the respondents, where the positive side of the respondents feel safe to work. However, on the other hand requires improvements in the management of working hours and other habits outside the working hours of the respondents. </p></div>