ABSTRACT

Musculoskeletal Disorders is a severe and debilitating symptoms that may include pain, numbness and tingling, which may lead to decreased worker productivity, lost time from work, temporary or permanent disability, inability to perform job tasks, and an increase in workers' compensation costs (OSHA, 2013).

This study aimed to assessed the risk level of MSDs on the back, shoulders/arms, hands/wrists and neck of 8 workers in GPW X6 and SP3 packing section in PT. White Oil Nusantara by using Quick Exposure Checklist (QEC). This was an observational study with cross sectional approach. Data collected using QEC which used by two viewpoints, observers and workers, and Nordic Body Map questionnaires. The variables were age, long working time, smoking habit, body posture, frequency, force, duration, and visual demand.

The result is known that High risks of MSDs was found in Back and Wrists. Work station of packing GPW X6 and SP3 into the cardboard got top score based on exposure level score, which need further research and made changes so that the risk of MSDs can be reduced. Based on the Nordic Body Map, the distribution of members of the body that had the most complaints were on the right shoulder and back by 62.5% and lower back by 50%.

To make workers aware of the risks of MSDs associated with certain work activities, a training programme could had workers’ participation like role playing; also had a tool modification; and job rotation where High Risks of MSDs were founded.

Keywords: Musculoskeletal Disorders, MSDs Risks, Quick Exposure Checklist