ABSTRACT

Workers who do manual handling that involves physical strength are at risk to suffer low back pain complaint if it is done with incorrect body posture and working procedure.

The general purpose of this research was to study factors related to low back pain in manual lifting and loading PT. PHILIPS INDONESIA.

This was an observational descriptive research that was done in handpacking unit (36 respondent). Variables in this study were respondent’s characteristic (sex, age, years of employment, waist circumference, unstable back, health history, smoking habit, and exercise habit) and work characteristic (bending, lifting, prolonged standing, prolonged sitting, repetitive motion, twisting, job duration, and rest period). The relationship between variables was analyzed by using coefficient contingency (C).

The result showed that there were a medium correlation between awkward posture (prolonged sitting and prolonged standing), years employment and low back pain complaint with coefficient contingency 0.338 and 0.295 respectively but the other variables showed a weak relationship to low back pain complaint.

Based on the result above, it is recommended that the company provide work facilities such as seat with back rest in accordance with workers anthropometry, arrange job rotation for the workers, and suggest the workers to do muscle relaxation during work time, and reduce smoking.

Keyword: Work characteristic, Respondent characteristic, Low back pain complaint