

ABSTRACT

Low back pain (LBP) is a Musculoskeletal disorders that commonly caused by incorrect manual work in the workplace, it also could be caused by the individual characteristics. Low back pain can interfere productivity and would be detrimental to the company. The aim of this research was to analyze factors that related with low back pain on workers doing lifting and loading work in PT. Liku Telaga Gresik.

This was an observational descriptive research with cross sectional approach. The population of the research was workers who work in the bagging and lifting bags of alum as many as 12 people. Variables under study were individual characteristics (age, years of service, waist size, exercise habits and smoking habits), work-risk factors (risk jobs and additional jobs) and dependent factors of LBP.

Highest cases occurred in group age ≥ 35 years, working period < 3 and > 5 years, belly obesity, do not have the habit of exercise, no smoking habits, and have additional work. Analysis using the method of analytic RWL retrieved the value of the CLI and LI > 3 or categorized as to develop LBP.

It can be concluded that the lifting and loading work in this company was high risk to develop LBP among workers, the additional job can aggravate the LBP complaints. It is highly recommended to the management of this company to provide the workers with lifting and loading technique, doing health examination routinely and workers should do exercise regularly (3 – 5 times per week in 30 – 45 minutes).

Key words : low back pain, individual characteristics, jobs risk