

The background of the page features a repeating watermark of the Universitas Esa Unggul logo. The logo consists of a stylized circular emblem with blue and orange elements, and the text "Universitas Esa Unggul" below it. The watermark is light blue and is repeated across the entire page.

LAMPIRAN

Lampiran 1

Surat Izin Penelitian

 **VARLEY**
EXCELLENCE SINCE 1988

PT. VARLEY INDONESIA

SURAT KETERANGAN MAGANG
002/VI-HR/02/2020

Yang bertandatangan dibawah ini :

Nama : **Khris Tobing**
Jabatan : **HRD & GA Manager**

Dengan ini menerangkan,

Nama : **Berham Ramadhan**
NIM : **201531050**
Tempat Tanggal Lahir : **21- Januari – 1997**
Alamat : **Dasana indah blok PP 1 no 17 kel.Bojong nangka,
Kecamatan Kelapa Dua, Kabupaten Tangerang**

Adalah benar telah melakukan Magang pada perusahaan kami terhitung 01 Oktober 2019 sampai dengan 31 Desember 2019 di Departemen Quality Health Safety Environment (QHSE)

Selama Magang di **PT. Varley Indonesia** yang bersangkutan bekerja dengan baik dan sungguh-sungguh.

Perusahaan mengucapkan terimakasih dan berharap yang bersangkutan sukses di masa yang akan datang.

Demikian surat keterangan Magang ini buat agar dapat dipergunakan sebagaimana mestinya.

Tangerang, 03 Februari 2020
PT. Varley Indonesia


Khris Tobing
HRD & GA Manager

Office & Workshop :
Jl. Prabu Siliwangi No.42 Kel. Keroncong Kec. Jatiuwung – Tangerang 15134 – INDONESIA
Telephone : (62-21) 591 3627, 556 55346, 590 3095, 590 3101 Facsimile: (62-21) 591 5422
Email : sales@varley-indonesia.com Website: www.varleygroup.com

Lampiran 2



PRODI KESEHATAN MASYARAKAT
FAKULTAS ILMU-ILMU KESEHATAN MASYARAKAT
UNIVERSITAS ESA UNGGUL

LEMBAR PERSETUJUAN RESPONDEN

(Informed Consent)

Untuk penelitian yang berjudul Analisis Postur Kerja Pada Pekerja di Divisi Workshop PT.Varley Indonesia Tahun 2019, yang bertanda tangan di bawah ini:

No Responden :

Nama :

Usia :

Pendidikan Terakhir : SD / SMP / SMA / S1

Setelah mendapat penjelasan tentang maksud dan tujuan serta manfaat penelitian, identitas informan akan dirahasiakan dan informasi yang diberikan hanya akan digunakan untuk kepentingan penelitian. Dengan ini saya menyatakan bersedia berpartisipasi menjadi responden pada penelitian yang dilakukan oleh saudara Berham Ramadhan dari Program Studi Kesehatan Masyarakat Fakultas Ilmu-ilmu Kesehatan Universitas Esa Unggul. Demikian pernyataan ini saya buat dengan sebaik-baiknya tanpa paksaan dari pihak manapun.

Jakarta, _____ 2019

Peneliti

Responden

(Berham Ramadhan)

()

Lampiran 3





Universitas
Esa U
ggul

Universitas
Esa U

Universitas
Esa U
ggul

Universitas
Esa U

Universitas
Esa U
ggul

Universitas
Esa U
nggul

Universitas
Esa U







ggul

ggul

ggul

Universitas
Esa U

Universitas
Esa U

Universitas
Esa U

Universitas
Esa Unggul





ggul

ggul

ggul

Universitas
Esa U

Universitas
Esa U

Universitas
Esa U

Universitas
Esa Unggul





Unggul

Unggul

Unggul

U
E

U
I

U

Universitas
Esa U

Universitas
Esa U

Universitas
Esa U





Un
E
ggul

Un
E

Universitas
Esa U

Un
E
ggul

Un
E

Universitas
Esa U

ggul

Universitas
Esa Unggul

Universitas
Esa U



Un
E
ggul

Un
E

Universitas
Esa U

Un
E
ggul

Un
E

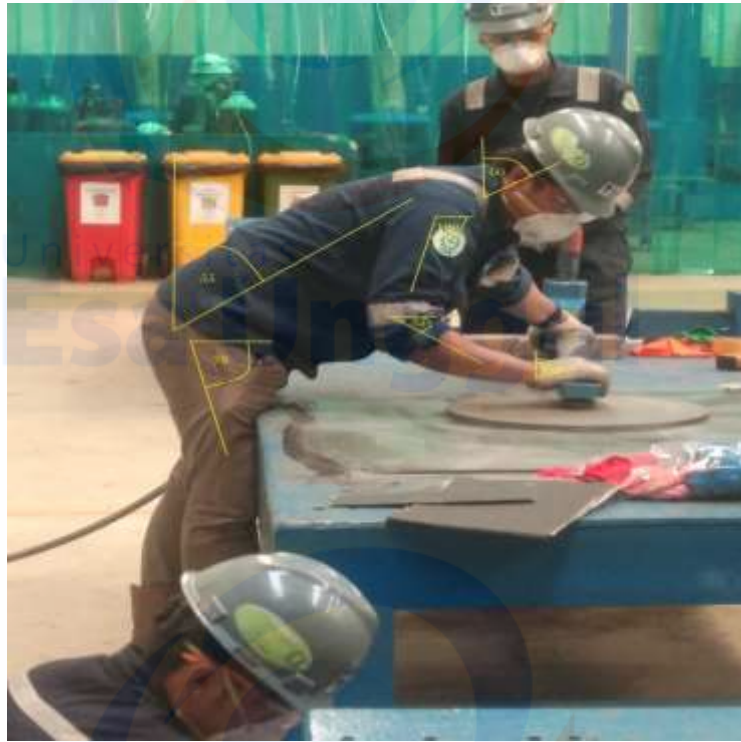
Universitas
Esa U

ggul

Universitas
Esa Unggul

Universitas
Esa U





Unggul

Unggul

Unggul

Universitas
Esa U

Universitas
Esa U

Universitas
Esa U

Universitas
Esa Unggul

REBA - DATABASE

Export

Name of the worker: Worker 20

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Assembling

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 20 to 60 degrees Additional: No

Legs: Support in the two legs, walking or seated Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: No

Upper Arm: 20 to 45 degrees Additional: Abducted No No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: No

Activity 2: Repeated small range actions (more than 4x per minute)

Activity 3: No

Result: 10

Navigation: 2 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 21

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Testing

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 0 to 20 degrees Additional: Trunk is twisted or side bending

Legs: Support in the two legs, walking or seated Additional: 30 to 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: Between 15 degrees up and 15 degrees down Additional: Wrist is bent from midline or twisted

Upper Arm: 20 to 45 degrees Additional: No Raised shoulder No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: No

Activity 2: Repeated small range actions (more than 4x per minute)

Activity 3: No

Result: 9

Navigation: 3 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 22

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Sand Blasting

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	0 to 20 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	No
Load	< 5 kg (< 11 lb)	Additional	No
Wrist	Between 15 degrees up and 15 degrees down	Additional	No
Upper Arm	45 to 90 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	No		

Result: 5

Navigation: 4 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 23

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Assembling

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	30 to 60 degrees
Load	< 5 kg (< 11 lb)	Additional	No
Wrist	Between 15 degrees up and 15 degrees down	Additional	No
Upper Arm	45 to 90 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	60 to 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	No		

Result: 7

Navigation: 5 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 24

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Machining

Neck: More than 20 degrees Additional: No

Trunk: 0 to 20 degrees Additional: No

Legs: Support in the two legs, walking or seated Additional: 30 to 60 degrees

Load: 5 to 10 kg (11 to 22 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: No

Upper Arm: 45 to 90 degrees Additional: No Raised shoulder: No

Lower Arm: 60 to 100 degrees Coupling: Good

Activity 1: No

Activity 2: Repeated small range actions (more than 4x per minute)

Activity 3: No

Result: 7

6 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 25

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Dismantle

Neck: 0 to 20 degrees Additional: No

Trunk: 20 to 60 degrees Additional: No

Legs: Support in one leg Additional: 30 to 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: Between 15 degrees up and 15 degrees down Additional: No

Upper Arm: 45 to 90 degrees Additional: No Raised shoulder: No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: One or more body parts are held for longer than 1 minute (static)

Activity 2: No

Activity 3: No

Result: 7

7 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 26

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Dismantle

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	30 to 60 degrees
Load	< 5 kg (< 11 lb)	Additional	No
Wrist	Between 15 degrees up and 15 degrees down	Additional	No
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	60 to 100 degrees	Coupling	Good
Activity 1	One or more body parts are held for longer than 1 minute (static)		
Activity 2	No		
Activity 3	No		

Result: 7

8 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 27

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Dismantle

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	More than 60 degrees
Load	< 5 kg (< 11 lb)	Additional	No
Wrist	More than 15 degrees up or down	Additional	No
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	No		

Result: 9

9 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 28

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Dismantle

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 20 to 60 degrees Additional: No

Legs: Support in the two legs, walking or seated Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: No

Upper Arm: 20 to 45 degrees Additional: No Raised shoulder No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: No

Activity 2: Repeated small range actions (more than 4x per minute)

Activity 3: No

Result: 10

Navigation: 10 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Saripudin

Company: PT.Varley Indonesia

Department: Assembling Area

Function: Teknisi

Description of the task: Memasangkan part ke valve

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 20 to 60 degrees Additional: No

Legs: Support in the two legs, walking or seated Additional: More than 60 degrees

Load: 5 to 10 kg (11 to 22 lb) Additional: Shock or rapid build up of force

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: 20 to 20 degrees Additional: No No No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: No

Activity 2: No

Activity 3: Action causes rapid large range changes in postures or unstable base

Result: 10

Navigation: 15 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 29

Company: PT. Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Assembling

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	More than 60 degrees
Load	< 5 kg (< 11 lb)	Additional	Shock or rapid build up of force
Wrist	Between 15 degrees up and 15 degrees down	Additional	No
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	60 to 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	No		

Result: 8

11 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Ringgo

Company: PT. Varley Indonesia

Department: Dismantle Area

Function: Team Leader

Description of the task: Membongkar Valve

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	More than 60 degrees
Load	< 5 kg (< 11 lb)	Additional	No
Wrist	More than 15 degrees up or down	Additional	Wrist is bent from midline or twisted
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> No <input type="checkbox"/> Supported arm <input type="checkbox"/>
Lower Arm	60 to 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	Action causes rapid large range changes in postures or unstable base		

Result: 8

12 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Rofi'i

Company: PT.Varley Indonesia

Department: Machining Area

Function: Lapping

Description of the task: Merapihkan potongan

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	Trunk is twisted or side bending
Legs	Support in one leg	Additional	More than 60 degrees
Load	5 to 10 kg (11 to 22 lb)	Additional	No
Wrist	More than 15 degrees up or down	Additional	Wrist is bent from midline or twisted
Upper Arm	20 to 45 degrees	Additional	No No No
Lower Arm	60 to 100 degrees	Coupling	Good
Activity 1	One or more body parts are held for longer than 1 minute (static)		
Activity 2	Repeated small range actions (more than 4x per minute)		
Activity 3	No		

Result: 12

Navigation: 13 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Fauzi

Company: PT.Varley Indonesia

Department: Assembling Area

Function: Teknisi

Description of the task: Memasang Valve yg sudah diperbaiki

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	More than 60 degrees
Load	5 to 10 kg (11 to 22 lb)	Additional	Shock or rapid build up of force
Wrist	More than 15 degrees up or down	Additional	Wrist is bent from midline or twisted
Upper Arm	20 to 20 degrees	Additional	No No No
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	Action causes rapid large range changes in postures or unstable base		

Result: 10

Navigation: 14 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 7

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Machining

Neck: More than 20 degrees Additional: No

Trunk: 20 to 60 degrees Additional: Trunk is twisted or side bending

Legs: Support in the two legs, walking or seated Additional: No

Load: 5 to 10 kg (11 to 22 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: 45 to 90 degrees Additional: No Raised shoulder Supported arm

Lower Arm: 60 to 100 degrees Coupling: Fair

Activity 1: No

Activity 2: No

Activity 3: No

Result: 8

18 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 7

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Machining

Neck: More than 20 degrees Additional: No

Trunk: 20 to 60 degrees Additional: Trunk is twisted or side bending

Legs: Support in the two legs, walking or seated Additional: No

Load: 5 to 10 kg (11 to 22 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: 45 to 90 degrees Additional: No Raised shoulder Supported arm

Lower Arm: 60 to 100 degrees Coupling: Fair

Activity 1: No

Activity 2: No

Activity 3: No

Result: 8

18 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 8

Company: PT. Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Assembling

Neck: 0 to 20 degrees Additional: No

Trunk: 0 to 20 degrees Additional: No

Legs: Support in the two legs, walking or seated Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: No

Upper Arm: 45 to 90 degrees Additional: No Raised shoulder: No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Fair

Activity 1: One or more body parts are held for longer than 1 minute (static)

Activity 2: No

Activity 3: No

Result: 8

19 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 9

Company: PT. Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Welding

Neck: More than 20 degrees Additional: No

Trunk: 20 to 60 degrees Additional: No

Legs: Support in the two legs, walking or seated Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: - 20 to 20 degrees Additional: No Raised shoulder: No

Lower Arm: 60 to 100 degrees Coupling: Good

Activity 1: No

Activity 2: No

Activity 3: No

Result: 6

20 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK

REBA - DATABASE

Export

Name of the worker: Worker 10

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Testing

Neck: More than 20 degrees Additional: No

Trunk: 20 to 60 degrees Additional: Trunk is twisted or side bending

Legs: Support in the two legs, walking or seated Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: Between 15 degrees up and 15 degrees down Additional: Wrist is bent from midline or twisted

Upper Arm: 45 to 90 degrees Additional: Abducted Raised shoulder No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: One or more body parts are held for longer than 1 minute (static)

Activity 2: No

Activity 3: No

Result: 11

Navigation: 21 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 11

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Testing

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 0 to 20 degrees Additional: Trunk is twisted or side bending

Legs: Support in one leg Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: Between 15 degrees up and 15 degrees down Additional: No

Upper Arm: 45 to 90 degrees Additional: No Raised shoulder No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Fair

Activity 1: No

Activity 2: No

Activity 3: No

Result: 10

Navigation: 22 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 13

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Sand Blasting

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	20 to 60 degrees	Additional	Trunk is twisted or side bending
Legs	Support in one leg	Additional	More than 60 degrees
Load	5 to 10 kg (11 to 22 lb)	Additional	No
Wrist	More than 15 degrees up or down	Additional	Wrist is bent from midline or twisted
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	No		

Result: 11

Navigation: 23 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 12

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Machining

Neck	More than 20 degrees	Additional	Neck is twisted or side bending
Trunk	0 to 20 degrees	Additional	No
Legs	Support in one leg	Additional	30 to 60 degrees
Load	< 5 kg (< 11 lb)	Additional	No
Wrist	More than 15 degrees up or down	Additional	Wrist is bent from midline or twisted
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Fair
Activity 1	One or more body parts are held for longer than 1 minute (static)		
Activity 2	No		
Activity 3	No		

Result: 9

Navigation: 24 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 14

Company: PT.Varley Indonesia

Department: Worker

Function: Teknisi

Description of the task: Painting

Neck	More than 20 degrees	Additional	No
Trunk	20 to 60 degrees	Additional	No
Legs	Support in the two legs, walking or seated	Additional	More than 60 degrees
Load	5 to 10 kg (11 to 22 lb)	Additional	No
Wrist	More than 15 degrees up or down	Additional	Wrist is bent from midline or twisted
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	Repeated small range actions (more than 4x per minute)		
Activity 3	No		

Result: 10

Navigation: ⏪ ⏩ 25 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 15

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Packing

Neck	0 to 20 degrees	Additional	Neck is twisted or side bending
Trunk	0 to 20 degrees	Additional	Trunk is twisted or side bending
Legs	Support in the two legs, walking or seated	Additional	More than 60 degrees
Load	5 to 10 kg (11 to 22 lb)	Additional	No
Wrist	Between 15 degrees up and 15 degrees down	Additional	No
Upper Arm	20 to 45 degrees	Additional	No <input type="checkbox"/> Raised shoulder <input type="checkbox"/> No <input type="checkbox"/>
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	No		
Activity 3	No		

Result: 8

Navigation: ⏪ ⏩ 26 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 16

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Welding

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 20 to 60 degrees Additional: Trunk is twisted or side bending

Legs: Support in one leg Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: Shock or rapid build up of force

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: More than 90 degrees Additional: Abducted Raised shoulder No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: No

Activity 2: No

Activity 3: No

Result: 12

Navigation: 27 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 17

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Welding

Neck: More than 20 degrees Additional: No

Trunk: 20 to 60 degrees Additional: Trunk is twisted or side bending

Legs: Support in the two legs, walking or seated Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: Shock or rapid build up of force

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: 20 to 45 degrees Additional: No Raised shoulder No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Good

Activity 1: One or more body parts are held for longer than 1 minute (static)

Activity 2: Repeated small range actions (more than 4x per minute)

Activity 3: No

Result: 12

Navigation: 28 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 18

Company: PT. Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Assembling

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 20 to 60 degrees Additional: Trunk is twisted or side bending

Legs: Support in one leg Additional: More than 60 degrees

Load: < 5 kg (< 11 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: 20 to 45 degrees Additional: No Raised shoulder No

Lower Arm: 0 to 60 degrees or more than 100 degrees Coupling: Fair

Activity 1: One or more body parts are held for longer than 1 minute (static)

Activity 2: Repeated small range actions (more than 4x per minute)

Activity 3: No

Result: 12

Navigation: 29 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Rio

Company: PT. Varley Indonesia

Department: Dissmante Area

Function: Teknisi

Description of the task: Membongkar bagian part Valve

Neck: More than 20 degrees Additional: Neck is twisted or side bending

Trunk: 0 to 20 degrees Additional: Trunk is twisted or side bending

Legs: Support in the two legs, walking or seated Additional: No

Load: < 5 kg (< 11 lb) Additional: No

Wrist: More than 15 degrees up or down Additional: Wrist is bent from midline or twisted

Upper Arm: 20 to 45 degrees Additional: Abducted Raised shoulder No

Lower Arm: 60 to 100 degrees Coupling: Good

Activity 1: One or more body parts are held for longer than 1 minute (static)

Activity 2: No

Activity 3: Action causes rapid large range changes in postures or unstable base

Result: 8

Navigation: 16 of 29

Buttons: PRINT, DELETE, SEARCH, COMPLETE LIST, BACK

REBA - DATABASE

Export

Name of the worker: Worker 19

Company: PT.Varley Indonesia

Department: Workshop

Function: Teknisi

Description of the task: Assembling

Neck	0 to 20 degrees	Additional	Neck is twisted or side bending
Trunk	0 to 20 degrees	Additional	Trunk is twisted or side bending
Legs	Support in the two legs, walking or seated	Additional	More than 60 degrees
Load	< 5 kg (< 11 lb)	Additional	No
Wrist	More than 15 degrees up or down	Additional	Wrist is bent from midline or twisted
Upper Arm	20 to 45 degrees	Additional	No No No
Lower Arm	0 to 60 degrees or more than 100 degrees	Coupling	Good
Activity 1	No		
Activity 2	Repeated small range actions (more than 4x per minute)		
Activity 3	No		

Result: 8

1 of 29

PRINT

DELETE

SEARCH

COMPLETE LIST

BACK