



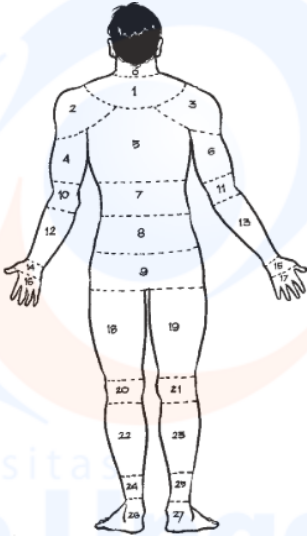
LAMPIRAN

KUISIONER

“Gambaran Tingkat Risiko Ergonomi Pada Pekerja Perawat UGD Di UPT Puskesmas Kramatwatu Tahun 2020 - 2021”

Nordic Body Map

Nama Responden : Masa Kerja :

OTOT SKELETAL KIRI		Skoring					Skoring				OTOT SKELETAL KANAN	
		1	2	3	4		1	2	3	4		
0	Leher atas										1	Tengukuk
2	Bahu kiri										3	Bahu kanan
4	Lengan atas kiri										5	Punggung
6	Lengan atas kanan										7	Pinggang
8	Pinggul										9	Pantat
10	Siku kiri										11	Siku kanan
12	Lengan bawah										13	Lengan bawah
14	Pergelangan tangan										15	Pergelangan tangan
16	Tangan										17	Tangan
18	Paha										19	Paha
20	Lutut										21	Lutut
22	Betis										23	Betis
24	Pergelangan kaki										25	Pergelangan kaki
26	Kaki kiri										27	Kaki kanan
Total Skor Kiri		0										Total Skor Kanan
TOTAL SKOR :		0				Total Skor Risiko MSDs = Total Skor Kiri + Total Skor Kanan				KATAGORI :		

Tingkat Keluhan Responden :

- 1 = Keluhan Ringan / (1-2 kali sebulan)
- 2 = Keluhan Sedang / (3-4 kali sebulan)
- 3 = Sakit / (2-3 kali seminggu)
- 4 = Sakit Sekali / (setiap hari)

Skore	Kategori
0 - 20	Rendah
21 - 41	Sedang
42 - 63	Tinggi
64 - 84	Sangat tinggi

No. Sampel : _____

Jabatan : _____

A. Neck, Trunk and Leg Analysis

Step 1: Locate Neck Position

Step 1a: Adjust....
 If neck is twisted: +1
 If neck is side bending: +1

Step 2: Locate Trunk Position

Step 2a: Adjust....
 If trunk is twisted: +1
 If trunk is side bending: +1

Step 3: Legs

Step 4: Look-up Posture Score in Table A
 Using values from steps 1-3 above, locate score in Table A

Step 5: Add Force/Load Score
 If Load < 5kg: +0
 If Load is 5 to 10kg: +1
 If load > 22kg: +2
 Adjust if shock or rapid build up of force: add +1

Step 6: Score A, Find Row in Table C
 Add values from steps 4 & 5 to obtain Score A. Find row in Table C.

SCORES

Table A		Neck												
		1			2			3						
Neck Score	Legs	1	2	3	4	1	2	3	4	1	2	3	4	
	Trunk Posture Score	1	1	2	3	4	1	2	3	5	3	3	5	6
		3	2	4	5	6	4	5	6	7	5	6	7	8
		5	4	6	7	8	6	7	8	9	7	8	9	9

Table B		Lower Arms						
		1			2			
Upper Arm Score	Wrist	1	2	3	1	2	3	
		1	1	2	2	1	2	3
		2	1	2	3	2	3	4
		3	3	4	5	4	5	5
		4	4	5	5	6	7	7
	5	6	7	8	7	8	8	
	6	7	8	8	8	9	9	

Score A (score from Table A + load force score)	Table C												
	Score B, (table B value + coupling score)												
1	1	1	1	2	3	3	4	5	6	7	7	7	7
2	1	2	2	3	4	4	5	6	6	7	7	8	8
3	2	3	3	3	4	5	6	7	7	8	8	8	8
4	3	4	4	4	5	6	7	8	8	9	9	9	9
5	4	4	4	5	6	7	8	8	9	9	9	9	9
6	6	6	6	7	8	8	9	9	10	10	10	10	10
7	7	7	7	8	9	9	9	10	10	11	11	11	11
8	8	8	8	9	10	10	10	10	10	11	11	11	11
9	9	9	9	10	10	10	11	11	11	12	12	12	12
10	10	10	10	11	11	11	11	11	12	12	12	12	12
11	11	11	11	11	11	12	12	12	12	12	12	12	12
12	12	12	12	12	12	12	12	12	12	12	12	12	12

B: Arms and Wrist Analysis

Step 7: Locate Upper Arm Position

Step 7a: Adjust....
 If shoulder is raised: +1
 If Upper Arm is abducted: +1
 If arm is supported or leaning: -1

Step 8: Locate Lower Arm Position

Step 9: Locate Wrist Position

Step 9a: Adjust....
 If wrist is bent from midline or twisted: Add +1

Step 10: Look-up Posture Score in Table B
 Using values from steps 7-9 above, locate score in Table B

Step 11: Add Coupling Score
 Well fitted handles and mid range power grip, good: +0
 Acceptable but not ideal hold or coupling acceptable with another body part: 0
 Hand hold not acceptable but possible: -1
 No handles, awkward, unsafe with any body part, On acceptable: +3

Step 12: Score B, Find column in Table C
 Add values from steps 10 & 11 to obtain Score B > Find Column in Table C and match with Score A in row from step 6 to obtain Table C score.

Step 13: Activity Score
 +1 if one or more body parts are held longer than a minute (static)
 +1 Repeated small range actions (more than 1 x per minute)
 +1 A clon causes rapid large range change in postures or unstable base

Final REBA Score

Scoring:

1 = Negligible risk
2 or 3 = low risk, change may be needed
4 to 7 = medium risk, further investigation, change soon
8 to 10 = high risk, investigate & implement change
11+ = very high risk, implement change

