

ABSTRAK

Postur kerja yang tidak benar yaitu bagian tubuh bergerak menjauhi posisi alamiahnya dan berpotensi menyebabkan keluhan muskuloskeletal berupa kerusakan pada sendi, ligamen dan tendon. Perawat memiliki tingkat risiko tertinggi terhadap keluhan muskuloskeletal karena pekerjaan yang dilakukan adanya postur janggal. Penelitian ini bertujuan mengetahui gambaran tingkat risiko keluhan muskuloskeletal pada perawat saat melakukan aktivitas kerja di IGD RSUD Kembangan. Penelitian berlangsung dari periode Januari-Februari 2020 dengan jenis penelitian deskriptif analitik desain *cross sectional*. Penilaian tingkat risiko MSDs menggunakan metode *Rapid Entire Body Assessment* (REBA). Populasi dalam penelitian ini yaitu aktivitas kerja yang dilakukan perawat IGD dengan pengambilan sampel pada tujuh aktivitas kerja. Hasil penelitian menunjukkan bahwa aktivitas kerja yang memiliki tingkat risiko sedang yaitu mengukur tekanan darah dengan tensimeter air raksa, melakukan elektrokardiogram, melakukan flebotomi, dan memasang akses intra vena perifer. Tingkat risiko rendah antara lain mengukur tekanan darah dengan tensimeter digital dan memasang naso gastric tube, sedangkan memberikan obat intra vena perifer termasuk risiko yang dapat diterima. Upaya pengendalian risiko ergonomi perlu dilakukan perubahan terhadap cara kerja dan postur perawat serta penyediaan alat bantu kerja.

Kata kunci : postur kerja, keluhan muskuloskeletal, perawat IGD, REBA.

ABSTRACT

Improper work posture is where the body moves away from its natural position and has the potential to cause musculoskeletal complaints in the form of damage to joints, ligaments and tendons. Nurses have the highest level of risk for musculoskeletal complaints because the work they do has an awkward posture. This study aims to describe the level of risk of musculoskeletal complaints in nurses when carrying out work activities in the ER Kembangan Hospital. The study took place from the period January-February 2020 with the type of descriptive analytic research with cross sectional design. MSDs risk level assessment using the Rapid Entire Body Assessment (REBA) method. The population in this study is the work activities carried out by emergency room nurses by taking samples of seven work activities. The results showed that work activities that had a moderate level of risk were measuring blood pressure with a mercury sphygmomanometer, performing an electrocardiogram, performing a phlebotomy, and installing peripheral intravenous access. Low risk levels include measuring blood pressure with a digital sphygmomanometer and inserting a naso gastric tube, while giving peripheral intravenous drugs is an acceptable risk. Ergonomics risk control efforts need to be made changes to the workings and posture of nurses as well as the provision of work aids.

Keywords: work posture, musculoskeletal complaints, emergency room nurse, REBA.