

DAFTAR PUSTAKA

- Alexander, David C. 1986. *The Practice and Management of Industrial Ergonomics*. New Jersey: Prentice Hall Inc.
- Bridger, R.S. 1994. *Introduction to Ergonomics*. New York: McGraw Hill International Edition.
- Daniela Colombini, et.all. 2112. *Manual Lifting a Guide to the Study of Simple and Complex Lifting Tasks*. New York: CRC Press.
- Thomas R, Waters, Vern Putz-Anderson, Arun Garg. 1994. *Application Manual for the Revised Niosh Lifting Equation*. Ohio: DHHS (NIOSH) Publication No.94-110.
- Dennis A. Attwood, Joseph M. Deeb, Mary E. Danz-Reece. 2004. *Ergonomic Solution for the Process Industries*. Oxford: Elsevier.
- Francesco Violante, Asa Kilbom, T.J. Armstrong. 2000. *Occupational Ergonomics Work Related Musculoskeletal Disorders of the Upper Limb and Back*. New York: Taylor & Francis.
- Karl H.E. Kroemer. 2017. *Fitting the Human Introduction to Ergonomics Human Factors Engineering Seventh Edition*. New York: CRC Press.
- Bridger. R.S. 2003. *Introduction to Ergonomics*. New York: Taylor & Francis.
- Nurmianto, E. 1996, *Ergonomi, Konsep Dasar dan Aplikasinya*, Edisi Pertama. Jakarta: Guna Widya.
- Wignjosoebroto, Sritomo. 1995, *Ergonomi, Studi Gerak dan Waktu*, Edisi Pertama, Surabaya: PT. Gunawidya.
- Wignjosoebroto, Sritomo. 2000, *Ergonomi, Studi Gerak dan Waktu Teknik Analisis untuk Meningkatkan Produktivitas Kerja*, Jakarta: PT. Gunawidya.

- Bambang Suhardi, Karima Batennia M, Rahmadiyah D.A. *Improvement of Work Posture in a Yarn Removal Operator to Reduce Risk of Musculoskeletal Disorders*. International Journal of Scientific & Technology Research Volume 10, Issue 02, February 2021.
- Ketan, H.S, Alsaffar, I.Q. *Enhancement of Ergonomics by Using NIOSH Lifting Equation in Molds Assembly*. The Journal of the Human Factors and Ergonomics Society May 2017
- Hutabarat Julianus. *Work Posture Analysis by Using Rapid Upper Limb Assessment (RULA) and Rapid Entire Body Assessment (REBA) Methods*. IOP Conference Series: Materials Science and Engineering 2019.
- Nofi Erni, Feri Pris Kanato. *Usulan Rancangan Meja dan Bangku Kantin Menggunakan Pendekatan Quality Function Development dan Antropometri*. Jurnal Inovasi Universitas Esa Unggul Volume 13 Nomor 2 Oktober 2017.
- Agung Santoso, Benedikta Anna Annisa Purbasari. 2014. *Perancangan Ulang Kursi Antropometri Untuk Memenuhi Standar Pengukuran*. Jurnal profesiensi, 2(2): 81-91 Desember 2014.
- Tedi Dahniar, Dhiah Budhi Leksonowati. *Analisa Postur Kerja Karyawan Bagian Pick Up di PT. Jalur Nugraha Ekakurir (JNE) Cabang Kayon, Cinere Dengan Metode NIOSH*. Jurnal Teknologi. Vol.1 Nomor 2 Oktober 2018.
- A Step-by-Step Guide Rapid Upper Limb Assessment (RULA). <https://ergo-plus.com/wp-content/uploads/RULA-A-Step-by-Step-Guide1.pdf> (Diakses, 16 Juni 2021 pukul 20.00)
- A Step-by-Step Guide to Using the NIOSH Lifting Equation for a Single Task. <https://ergo-plus.com/niosh-lifting-equation-single-task/> (Diakses, 16 Juni 2021 pukul 20.10)
- RULA Employee Assessment Worksheet. <https://ergoplus.com/wpcontent/uploads/RULA.pdf> (Diakses, 16 Juni 2021 pukul 20.20)