

## **ABSTRAK**

*Human resources have a very important role in the sustainability of a company, one of which needs to be considered by the company is how the company regulates its management system. The use of resources owned must be efficient and effective in improving the performance of the company. In order for each activity to run well, analysis of workload is needed to obtain human resources with an equal workload. PT XYZ is a company engaged in the manufacture of apparel and headwear, the activity is to make several products for women with hijab. In carrying out its activities, the operators at PT XYZ often get high demand and the impact is unable to meet demand, this increases the mental workload for the operator. So the need for analysis of how much mental workload is experienced and what factors influence it. One method that can be used to measure mental workload is NASA-TLX. This method is a method that measures mental workload that divides workload into 6 dimensions of work elements. From the results of NASA-TLX calculations, the results of the addition of operators on 4 workstations, so that the original operator numbered 30 to 35 operators.*

**Keywords:** *Workload, NASA-TLX Method, Convection Company*