

ABSTRACT

Risk Assessment Manual handling Proactive can be used for ergonomic physical risk management for manual handling workers in industrial production processes, which consists of two assessment methods, namely the Risk Assessment Manual Handling Proactive I checklist assessment sheet and the Risk Assessment Manual Handling Proactive II assessment tool so that it can be used to determine corrective action. This tool can be used in assessing the job or work environment at the time of work. This assessment includes the criteria for posture, work movement, lifting work, pushing and pulling work, influencing factors, and physical work reports. There is an action plan, namely filling out forms to evaluate and prevent worker complaints and the date/time of prevention.

Medium business at Karang Mulya building shop that sells various kinds of building material needs, such as cement, sand and so on. So that in this process a lot of activities are carried out manually, especially the transfer of cement from one place/location to another. This study aims to provide an evaluation method in assessing physical risk in manual lifting as an effort to prevent musculoskeletal disorders using the Risk Assessment Manual handling Proactive I and Risk Assessment Manual handling Proactive II methods. The results of this study are expected to be input for several businesses or fields that are still doing manual handling work.

The results obtained in the Risk Assessment Manual Handling Proactive method in medium-sized businesses at the Karang Mulya building shop are that there is a high risk in the Lifting Work assessment/score of 2 and the posture criteria experiencing problems of 6. It is proven that the load being lifted exceeds the criteria given for lifting. Manually. As well as posture when lifting prone to musculoskeletal disorders.

The benefits obtained are providing suggestions for improving work posture, based on evaluation using the Risk Assessment Manual handling Proactive I & II method to minimize musculoskeletal disorders and gaining new knowledge on the topic of manual handling to evaluate risk factors for musculoskeletal disorders.

Keywords— Risk Assessment Manual Handling Proactive, Manual Handling, Checklist, Muscoloskeletal Disorders