

ABSTRACT

In Indonesia, Musculoskeletal Disorders (MSDs) are a significant health problem. According to survey results and analysis, MSDs affect around 11.9% of Indonesians. The study also found that PAK benefits approximately 40,5% of workers in 12 Indonesian cities, with MSDs being the most common cause of disability at 16%. MSDs also account for approximately 60% of all workplace injuries in Indonesia. Indonesia's manufacturing sector has a high level of MSDs. In major cities such as Surabaya, manufacturing industries are focusing on a variety of sectors, including the growing UMKM sector. KUB Mampu Jaya, a leading provider of hotel sandal slippers in Surabaya and surrounding areas, is one of the UMKMs that has contributed to its growth. Employees at KUB Mampu Jaya are experiencing burnout and being forced to work on ineffective projects. The use of the Nordic Body Map (NBM) method resulted in the identification of the fisik. To achieve a safe and healthy working environment, as well as to increase productivity, it is necessary to identify job duties. In the context of job analysis, two methods can be used: Objective Entire Body Assessment (REBA) and Subjective Exposure Checklist (QEC). Following identification, an analysis will be performed and recommendations for improvement will be made so that employees may perform their jobs safely and comfortably.

Keywords: *Rapid Entire Body Assessment (REBA), Quick Exposure Checklist (QEC), Nordic Body Map (NBM), Musculoskeletal Disorders (MSDs), Working Posture.*