

ABSTRACT

Musculoskeletal complaints can vary in severity, ranging from mild symptoms to more serious ones, and are generally caused by repetitive work activities performed over a long period of time. An improper or non-ergonomic body position, such as raised hands, a hunched back, or a head held up for long periods, can cause excessive pressure on muscles, joints, and other body tissues, which ultimately contributes to the occurrence of musculoskeletal disorders. In addition, factors such as an individual's body size and the way the body adapts to certain work postures are also believed to influence the risk of developing MSDs. This research aims to explore whether there is a significant relationship between workers' body size, the body positions used during work, and the musculoskeletal complaints they experience. By understanding this relationship, it is hoped that more effective solutions can be found to reduce the risk of MSDs in the workplace.

Keywords: *musculoskeletal disorders, posture, repetitive movements, ergonomics, muscle pressure.*