

ABSTRACT

Work with heavy loads and uncomfortable equipment can cause physical fatigue in workers. Manual production processes often increase the risk of musculoskeletal disorders. Based on the results of the preliminary questionnaire on eight tofu-producing SMEs, it was found that one of them had an average score of the Nordic Body Map of 50 indicating moderate risk. This study aims to identify and analyze the causes of the risk of musculoskeletal disorders in operators and provide suggestions for improvement. Analysis of the calculation of the risk of musculoskeletal disorders was carried out using the Quick Exposure Checklist (QEC) method. The results of the study showed that 11 work stations with two work stations had a risk of more than 70%. The screening station has a risk level of 90%, followed by the staining station with a risk level of 77%. Therefore, these two work stations need to be repaired as soon as possible. Meanwhile, seven work stations have a risk of >50% to ≤ 70%. Milling station has a risk of 53%, cooking 63%, press one 63%, printing 66%, packaging has a risk of 56% and 66%, press two has a risk of 56%, and opening the fabric with a risk of 63%. These stations require further investigation as well as proper repairs.

Keywords: MMH, MSDs, QEC, Work Posture.