ABSTRACT

PT. Solusi Bangun Indonesia is an Indonesian public company that is part of the Semen Indonesia Group. PT. Solusi Bangun Indonesia Tbk, operates an integrated business of cement, ready mix concrete and aggregate production. In the logistics section of PT. Solusi Bangun Indonesia in the process of delivering its products using sea and land transportation, sea transportation using ships and land transportation using trucks and trains. In the process of shipping using rail land transportation there is a process of transporting goods to train cars, in the process there are several errors. In carrying out its activities in thesection, the *Train Distribution* pressure is not high enough so that the mental workload of workers increases. For this reason, it is necessary to analyze how much mental workload is experienced and what factors influence it by using a *Fishbone Diagram.* One of the methods used to measure mental workload is NASA-TLX. The NASA-TLX method is a mental workload measurement method that divides the workload into 6 dimensions of work element aspects. From the results of the calculation of the mental workload carried out by workers at the *Train Distribution* PT. Solusi Bangun Indonesia, which consists of *Forklift Operators, Checkers* and Tarpaulin Installers, is categorized as having a high mental workload. Based on the calculation of the WWL value, which includes the highest mental workload difference, namely theoperator *forklift* during the night shift with a value of 76.7.

Keywords: *Mental Workload* NASA-TLX,