

Studi Ergonomi Tentang Keluhan Fisik Yang Dialami Karyawan Di Unit Rekam Medik RSUD Dr. Haryoto Lumajang Tahun 2015 (*Ergonomic studies About Physical Complaints Suffered Medical Records Staff at RSUD Dr. Haryoto Lumajang in 2015*)

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ABSTRACT

Medical Record unit is one part that has an important role in a hospital and must be supported by adequate means. Medical record unit condition in RSUD Dr. Haryoto Lumajang is not yet supported by means of an ergonomic. This is demonstrated by the existence of a file rack and ergonomic office chair that has not (no alignment of body size of workers with the means) it is certainly influential on the work of staff in work posture. This discrepancy causes the onset of muscular skeletal complaints in staff. The purpose of research to give recommendations about complaints of physical ergonomics study musculoskeletal disorder experienced by staff in the Medical Record Unit at RSUD Dr. Haryoto Lumajang 2015. This research is quantitative descriptive research, using methods of REBA to assess workers posture. Population and sample in this research is medical record unit of staff in RSUD Dr. Haryoto Lumajang totalling 15 people. Data collection using sheets of observation, documentation and a questionnaire that has been raw (NBM). The research results obtained are the calculation of the score of the known level of REBA action from the final score with a value of 6, then included in the score REBA with intervals of 4-7, with a level of risk that is being, corrective actions are included in the category of "need". The complaint is the most widely perceived by staff is Low Back Pain or pain in the back and the waist bottom. Recommendations related to the issue of physical complaints that is whom do the repair work posture against the wrong staff or less ergonomic, through setting the clock breaks, do stretching or light stretching, the prevention of the occurrence of LBP, the care and treatment of a complaint of low back pain.

Keywords: *Ergonomics, Medical Record Unit, Physical Complaints, REBA*