

## ABSTRAK

Setiap aktivitas yang dilakukan oleh manusia dapat digolongkan menjadi kerja fisik (otot) dan kerja mental (otak). mental Beban kerja didefinisikan sebagai suatu perbedaan antara kapasitas atau kemampuan pekerja. Pada metode RSME Interpretasi skor oleh operator yandi didapatkan rata-rata rating skala sebesar 89,16, untuk operator nasif didapatkan sebesar 86,66, untuk operator siok didapatkan sebesar 76,66, untuk operator arif didapatkan sebesar 73,. jadi dari hasil pengolahan data operator yandi dan nasif mendapatkan rata-rata rating skala yang sangat tinggi sehingga juga mendapatkan resiko yang sangat tinggi dan butuh penanganan secepatnya agar terhindar dari resiko *musculoskeletal disorder*. Pada metode REBA oleh 4 operator terhadap elemen kerja mengangkat beban didapatkan hasil bahwa operator yandi mendapatkan skor tertinggi sebesar 11 yang berarti resiko sangat tinggi dan harus diinvestigasi dan butuh penanganan perlu saat ini juga, Sedangkan untuk operator arif, siok, dan nasif mendapatkan skor yang sama besar yaitu 8 yang berarti resiko tinggi dan harus diinvestigasi dan butuh penanganan perlu segera hal ini dilakukan karena tingkat resiko yang dapat diterima oleh pekerja berdampak buruk dimana kegiatan tersebut dapat menyebabkan gangguan MSD's. pada elemen kerja meletakkan beban oleh operator yandi didapatkan skor sebesar 9 yang berarti resiko tinggi dan dan harus diinvestigasi dan butuh penanganan perlu segera, operator arif didapatkan skor sebesar 4 yang berarti resiko sedang, operator siok didapatkan skor sebesar 8 yang berarti resiko tinggi, operator nasif didapatkan skor sebesar 6 yang berarti resiko sedang dan harus diinvestigasi dan butuh penanganan perlu segera agar tidak terjadinya *Musculoskeletal disorder*.

Kata kunci: Evaluasi beban kerja, *Rating Scale Mental Effort, Rapid Entire Body Assessment*

## **ABSTRACT**

*Every activity carried out by humans can be classified into physical work (muscles) and mental work (brain). Mental workload is defined as the difference between the capacity or abilities of workers. In the RSME method of interpreting scores by operator Yandi, an average rating scale of 89.16 was obtained, for passive operators it was 86.66, for siok operators it was 76.66, for wise operators it was 73. So from the data processing results of operators Yandi and Nasif received a very high average scale rating so it also has a very high risk and requires immediate treatment to avoid the risk of musculoskeletal disorders. In the REBA method carried out by 4 operators for the load lifting work element, the result was that the Yandi operator received the highest score, namely 11, which means the risk is very high and must be investigated and requires treatment now. Meanwhile, operators Arif, Siok and Nasif received the same score. large, namely 8, which means high risk and must be examined and requires immediate treatment. This is done because the level of risk that can be accepted by workers has a negative impact where these activities can cause MSD disorders. on the load placement work element by the Yandi operator, a score of 9 was obtained, which means high risk and must be investigated and requires immediate treatment, the wise operator received a score of 4, which means moderate risk, the Siok operator received a score of 8, which means high risk, the nasive operator received a score of 6, which means moderate risk and should be investigated and requires immediate treatment to prevent musculoskeletal disorders.*

*Keywords: Workload evaluation, Rating Scale Mental Effort, Rapid Entire Body Assessment*