

ABSTRACT

Musculoskeletal disorders (MSDs) is damage to the muscles, nerves, tendons, ligaments, joints, cartilage, and disc invertebralis. Working posture is one of the factors that most often associated with risk factors for MSDs (Cahyanto, 2009). Posture is the position of the body part associated with other body parts are connected by a angle connection. PT. ABO FARM is a company engaged in agriculture which focuses on export business of vegeTables, especially beans that is in the rural areas Nengkelan, Ciwidey, Bandung. One of the activities at PT. ABO FARM is loading activity of beans. Loading activity is carried out by using a sack in collector. Sack has dimensions 96 x 43 x 36 cm with capacity 55 kg, whereas capacity limit recommended by NIOSH is 23 kg. In the initial assesment of eksisting working posture using REBA (Rapid Entire Body Assesment) is got REBA score where as 12. This value indicates that the work postures are in a dangerous position so that the necessary repairs is needed now. Therefore, to carry out repair work postures, firstly it needs to be improved on the existing material handling. Rational method is a systematic approach. This method is widely used in the design stage because it has a well defined sequence, so it can provide the good results of design and final product quality based on criteria of users. After designing material handling, it is obtained score of REBA where as 2, so it is concluded that the use of improvement material handling can reduce the working posture level from 12 in to 2

Keywords : MSDs, PT. ABO FARM, Material Handling, Beans, REBA, Rational Method