

## TABLE OF CONTENTS

<b>APPROVAL SHEET</b> .....	<b>i</b>
<b>SHEET STATEMENT OF ORIGINALITY</b> .....	<b>ii</b>
<b>ABSTRACT</b> .....	<b>iii</b>
<b>INTRODUCTION</b> .....	<b>v</b>
<b>TABLE OF CONTENTS</b> .....	<b>vii</b>
<b>LIST OF FIGURES</b> .....	<b>x</b>
<b>LIST OF TABLES</b> .....	<b>xii</b>
<b>LIST OF ACRONYMS AND SYMBOLS</b> .....	<b>xiii</b>
<b>GLOSSARY OF TERMS</b> .....	<b>xiv</b>
<b>LIST OF APPENDIX</b> .....	<b>xv</b>
<b>Chapter I Preliminary</b> .....	<b>16</b>
I.1 Background .....	16
I.2 Problem Definition .....	18
I.3 Research Objectives .....	18
I.4 Research Limitations .....	19
I.5 Benefits of Research .....	19
I.6 Systematics Writing .....	19
<b>Chapter II Theoretical Basis</b> .....	<b>21</b>
II.1 Ergonomics .....	21
II.2 Biomechanics .....	22
II.2.1 Using Biomechanics Lift Restrictions .....	26
II.2.2 Model Agency in Static Flat cross-section by Chaffin .....	28
II.3 3DSSPP Software .....	30
II.3.1 L5/S1 Forces and Moments .....	30
II.3.2 Joint Angles .....	31
II.4 Manual Material Handling .....	33
II.5 Musculoskeletal Disorders (MSDs) .....	34
II.6 Nordic Body Map .....	35
II.7 The Revised NIOSH Lifting Equation .....	37
II.7.1 Definition of Terms .....	37
II.7.2 Lifting Task Limitation .....	38
II.7.3 Equations and Functions .....	39
II.7.4 Lifting Index (LI) .....	44
II.8 Introduction to Materials handling .....	45
II.8.1 Definition .....	45
II.8.2 Objectives .....	45

II.9	Previous Research .....	46
II.9.1	Usulan Perbaikan Desain Kontainer Plastik Pada PT Indomarco Prismaatama Dengan Menggunakan Metode NIOSH Lifting Equation Dan Rapid Entire Body Assessment (Choirul Umam, 2013) .....	46
II.9.2	Usulan Perbaikan Metode Kerja Dalam Proses Pengangkatan Beban Pada Bagian Manual Pallet Dengan Menggunakan NIOSH Lifting Equation Di PT. Sinar Sosro (Adelisa, 2010).47	47
II.9.3	Rancangan Alat Bantu Untuk Meminimasi Gaya Tekan (Fcomp) Pada Lempeng Tulang Belakang Bagian Bawah (L5/S1) (Yanti Helianty, 2012) .....	48
<b>Chapter III</b>	<b>Research Methodology .....</b>	<b>50</b>
III.1	Conceptual Model .....	50
III.2	Systematics Problem Solving .....	52
III.2.1	Data Collecting and Processing Stage .....	52
III.2.2	Analysis and Design Stage.....	54
III.2.3	Conclusions and Recommendation Stage .....	55
<b>Chapter IV</b>	<b>Data Collecting and Processing .....</b>	<b>56</b>
IV.1	Data Collecting .....	56
IV.1.1	Company Profile .....	56
IV.1.2	Business Process (Farmers – PT. Abo Farm – Exporter) .....	56
IV.1.3	The Process That Occurs in the Collector Area.....	58
IV.1.4	Manual Material Handling Method in Existing Conditions.....	58
IV.1.5	Selection of Normal Operators .....	60
IV.1.6	Existing Variable Data of NIOSH Lifting Equation.....	61
IV.1.7	Illustration of Container Size .....	66
IV.2	Data Processing.....	66
IV.2.1	Posture Selection of Manual Material Handling in Existing Condition.....	66
IV.2.2	Assessment of L5/S1 force compression using Low Back Biomechanical Models.....	68
IV.2.3	The Calculation of the Recommended Weight Limit (RWL) and Lifting Index (LI) .....	77
<b>Chapter V</b>	<b>Analysis and Design .....</b>	<b>79</b>
V.1	Analysis of Low Back Biomechanical Models Assesment Result In Existing Conditions.....	79
V.2	Analysis of RWL and LI Calculation Result in Existing Conditions .....	82
V.3	Designing a New Material Transfer Using Biomechanis Approach and NIOSH Lifting Equation.....	83
V.3.1	Recommendations of Handling Locations.....	83

V.3.2	Alternatives of Manual Material Handling Method.....	85
V.4	Comparative Analysis between Recommendations Result and Existing Condition.....	93
<b>Chapter VI</b>	<b>Conclusions and Suggestions .....</b>	<b>99</b>
VI.1	Conclusions.....	99
VI.2	Suggestions .....	99
<b>REFERENCES.....</b>		<b>100</b>