

ABSTRACT

Humans are the main assets in the organization, so that human resources (HR) must be managed and utilized in a balanced and humane manner. Workload analysis is needed to ensure that the work carried out goes well and human resources have an optimal workload. PT XYZ experienced a significant increase and decrease in turnover. The value of the workload is felt from physical work such as labor that is issued on the line is greater with an optimal line, a non-conducive work environment, limited work movements, a fairly hot workspace temperature. In addition to physical work, the workload value is also felt by the operator's mentality such as time requirements, where the deadlines provided by PT XYZ are the same, so that it affects work performance or the operator's frustration. In an effort to increase the productivity of PT XYZ operators, it is necessary to measure workloads using a recognized method, because these problems will reduce the level of operator workload. The workload analysis of sewing operators is used to determine the existing workload and as a basis for determining uneven operator requirements for each line. The workload analysis results using the work sampling method and NASA-TLX on lines 11, 12 and 13, where the line has a high workload category. In the work sampling method, line 11 has a workload value of 107.84%, line 12 has a workload value of 108.83%, and line 13 has a workload value of 110.43%. In the NASA-TLX method, line 11 has a workload value of 70, line 12 has a workload value of 67, and line 13 has a value of 67. Judging from the operator's physical and mental workload, the number of additional operators proposed is respectively each operator on each line.

Keywords: *Workload, Work sampling, NASA-TLX, operator requirements*