

ABSTRACT

Fitness equipment is an essential tool in the health and fitness industry to help achieve fitness goals, fitness equipment is making a comeback due to several factors. After the COVID-19 pandemic, health awareness has increased, driving the need to exercise at home during social restrictions and driving the growth in demand for fitness equipment, therefore creating a dynamic and competitive market, the types of fitness equipment vary, from dumbbells and resistance bands to treadmills and weight training machines. CV. New Quality company is a company engaged in the distribution or buying and selling of fitness equipment, one of the hardest parts to do and has a high probability of bad risks is warehouse workers, especially transportation officer. The problem that often occurs in warehouse workers is that they often experience pinched nerves in the legs, thighs and especially the back which can be called musculoskeletal disorders (MSDs). The purpose of this study is to produce a posture assessment using the REBA (Rapid Entire Body Assessment) and NBM (Nordic Body Map) methods in the CV. New Quality warehouse section, by applying the REBA (Rapid Entire Body Assessment) method to provide effective solutions to workers with the aim of reducing pain problems in their neck, back, hands and feet, especially in the warehouse section. Based on the results of this study, the NBM results show an average score of 56 muscle complaints (moderate category), with 9 high-risk body parts, especially the back. The initial REBA score of 8 (high risk) indicates the need for immediate improvement to avoid injury and decreased productivity. The solution implemented was the addition of table trivets to reduce bending. After the improvement, the REBA score dropped to 3 (low risk), signaling a more ergonomic work posture. By addressing the health problems of warehouse workers, the company gained business value from improving the health problems, namely smooth and fast delivery of equipment to customers, increasing customer confidence, and strengthening the company's reputation in the fitness equipment industry.

Keywords: (Warehouse Workers, MSDs, REBA, Fitness Company)