ABSTRACT

Working Posture is the position of the body that associated with other body parts is one of the main factors of ergonomic design. Designing related posture aims to avoid awkward postures of humans that can cause Musculoskeletal Disorders (MSDs). MSDs are the type of muscle disorder triggered by awkward posture while performing the repetitive activity. Rumah Batik Komar is a company engaged in the clothing business which focuses on the making of batik fabric. Operators have repeatedly found batik stamping experience stooped posture and looked down. This is due to the fabric stamping process is made on a table with existing work table dimensions are L x W x H = 100 cm x 135 cm x 79.5 cm

Rapid Upper Limb Assessment methods or RULA is a posture assessment methods for upper body and tend to work in one place. This method was also chosen because the required assessment work on the posture of the operator in accordance with the characteristics of the stamping, which many operators using the upper body and does not move. This posture assessment assess the score on some parts of the body to then be used as an overall score on the right and left parts of the body.

Based on the posture assessment result of the operator is taken from the average data during a printing process using RULA assessment scores obtained 6 . This value indicates that the working posture is in the dangerous position and it is necessary to do the observation further and repair as soon as possible. After analysis and design improvement work table size for printing, then the new Rula values obtained for 3 inferred So if using a printing table size has been proposed to reduce the risk of MSDs on the operator.

Keywords *:Musculoskeletal disorders (MSDs),* Rumah Batik Komar, *stamping fabric, RULA, Posture Assessment Method*