BAB VII

SIMPULAN DAN SARAN

7.1 Simpulan

Berdasarkan penelitian yang dilakukan terhadap 43 responden pekerja pabrik beton bagian produksi PT. X Bali pada tanggal 15 Juli 2019 – 17 Juli 2019 memperoleh kesimpulan sebagai berikut:

1. Tingkat risiko postur kerja responden berada paling tinggi pada risiko sedang (46,5%) sehingga diperlukan tindakan perbaikan terhadap postur.
2. Tingkat keluhan muskuloskeletal responden paling tinggi berada pada tingkat risiko sedang (46,5%)
3. Terdapat korelasi bermakna antara postur kerja dengan keluhan muskuloskeletal pada pekerja pabrik beton bagian produksi PT X Bali.

7.2 Saran

1. Pemilik usaha kerja diharapkan menyediakan fasilitas kerja yang dapat menunjang postur kerja yang alamiah bagi pekerjanya
2. Para pekerja disarankan menggunakan alat bantu saat mengangkut barang-barang yang berat dan beristirahat jika mengalami kelelahan atau merasakan nyeri atau sakit pada ototnya
3. Untuk penelitian yang selanjutnya diharapkan dapat menggunakan sampel yang lebih besar serta menganalisis faktor-faktor ergonomis yang hadir di lingkungan kerja yang turut berperan dalam munculnya keluhan muskuloskeletal.

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