

## ABSTRAK

CV Hassa Seragam Batik Jogja adalah perusahaan yang bergerak dibidang pembuatan kain dan baju batik. Penelitian ini dilakukan pada stasiun kerja penyetricaan. Penelitian berfokus pada keluhan akibat kerja dan postur kerja. Keluhan akibat kerja dibuktikan dengan metode Nordic Body Map (NBM) dengan skor tertinggi pada leher atas sebesar 6,04%. Salah satu pekerja mendapatkan nilai total NBM sebesar 71, menunjukkan bahwa tingkat risiko tinggi sehingga diperlukan tindakan perbaikan segera. Postur kerja yang tidak baik dibuktikan dengan pengukuran Rapid Upper Limb Assessment (RULA) yang mendapat nilai 7, sehingga harus melakukan perbaikan secepatnya.

Penelitian ini bertujuan untuk merancang meja setrika ergonomis guna mengurangi keluhan muskuloskeletal pada pekerja di CV Hassa Seragam Batik Jogja menggunakan metode Quality Function Deployment (QFD). Permasalahan utama terletak pada postur kerja tidak ergonomis akibat kurangnya fasilitas kerja, yang menyebabkan keluhan nyeri tubuh berdasarkan hasil NBM dan penilaian postur kerja dengan RULA. Penelitian ini melibatkan pengukuran antropometri pekerja, pengumpulan kebutuhan melalui Voice of Customer (VOC), serta pembuatan House of Quality (HOQ) untuk menentukan prioritas desain.

Hasil penelitian yang dilakukan adalah meja setrika ergonomis. Hasil penelitian menunjukkan bahwa rancangan meja setrika ergonomis dapat mengurangi risiko cedera muskuloskeletal, meningkatkan kenyamanan pekerja, dan mendukung produktivitas kerja. Hal ini terbukti dari penilaian RULA yang skor 3 dari yang sebelumnya 7 dan *output* setrika dari 47 pcs/hari menjadi 56 pcs/hari. Implementasi desain dilakukan berdasarkan prinsip ergonomi dengan pendekatan antropometri untuk memastikan kesesuaian fasilitas dengan dimensi tubuh pekerja.

**Kata kunci:** Keluhan *musculoskeletal*, Nordic Body Map (NBM), postur kerja, Rapid Upper Limb Assessment (RULA), Quality Function Deployment (QFD), meja setrika ergonomis.

# **IRONING TABLE DESIGN TO ADDRESS MUSCULOSKELETAL COMPLAINTS USING THE QUALITY FUNCTION DEPLOYMENT (QFD) METHOD**

## **ABSTRACT**

*CV Hassa Seragam Batik Jogja is a company engaged in the production of batik fabric and clothing. This research was conducted at the ironing workstation. The research focuses on work-related complaints and work posture. Work-related complaints were evidenced by the Nordic Body Map (NBM) method, with the highest score on the upper neck at 6.04%. One of the workers received a total NBM score of 71, indicating a high level of risk, thus immediate corrective action is required. Poor work posture was evidenced by the Rapid Upper Limb Assessment (RULA) measurement, which received a score of 7, indicating that immediate improvements are necessary.*

*This study aims to design an ergonomic ironing table to reduce musculoskeletal complaints among workers at CV Hassa Seragam Batik Jogja using the Quality Function Deployment method. (QFD). The main issue lies in the non-ergonomic work posture due to the lack of work facilities, which causes body pain complaints based on NBM results and work posture assessment with RULA. This research involves measuring the workers' anthropometry, gathering needs through Voice of Customer (VOC), and creating a House of Quality (HOQ) to determine design priorities.*

*The result of the research conducted is an ergonomic ironing table. The research results show that the design of an ergonomic ironing table can reduce the risk of musculoskeletal injuries, improve worker comfort, and support work productivity. This is evidenced by the RULA assessment, which scored 3 from the previous 7, and the ironing output increased from 47 pcs/day to 56 pcs/day. The design implementation was carried out based on ergonomic principles with an anthropometric approach to ensure the facility's suitability with the workers' body dimensions.*

**Keywords:** *Musculoskeletal complaints, Nordic Body Map (NBM), work posture, Rapid Upper Limb Assessment (RULA), Quality Function Deployment (QFD), ergonomic ironing board.*