

**ANALISIS POSTUR KERJA MAHASISWA PRAKTEK MENGIKIR
MENGUNAKAN METODE RULA DI BENGKEL KERJA BANGKU
DAN PLAT JURUSAN TEKNIK MESIN POLITEKNIK NEGERI
BENGKALIS**

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ABSTRACT

This study aims to analyze the working posture of Mechanical Engineering students during filing practice activities in the Bench and Sheet Metal Workshop of Politeknik Negeri Bengkalis using the Rapid Upper Limb Assessment (RULA) method. The repetitive nature of the filing process, typically performed in a standing position, has the potential to cause musculoskeletal complaints such as fatigue and joint pain. A total of 82 students participated in this research through the distribution of the Nordic Body Map (NBM) questionnaire, while direct RULA observations were conducted on five students with varying heights to represent different anthropometric profiles. The results indicate that most students exhibited non-ergonomic working postures, with RULA scores suggesting the need for immediate corrective actions. This study recommends the implementation of ergonomic principles in practical learning environments to improve comfort, reduce injury risks, and enhance student productivity. The findings are expected to serve as a reference for educators and academic institutions in designing safer and more ergonomic workshop settings.

Keywords: Working posture, ergonomics, RULA, students, workshop, musculoskeletal disorders