

ABSTRACT

PT Asuransi Multi Artha Guna Tbk branch of Palembang constantly strive to implement good administrative system. In practice, one of the main tasks is the administrators checks the documents that have been saved as a file in the storage cupboard. There are times when administrators need tools in order to reach a height storage cupboard. Plastic chairs selected as the tool. The use of plastic chairs in a long period of time cause side effects such as pain and fatigue complaints in several parts of the body. Complaints of pain and fatigue in question appears on the neck, shoulders, arms, knees, back, legs, and feet. In a research note that the dimensions of the plastic chairs are not sufficient to be used as a tool. The problems motivated the researchers conducted an ergonomic design folding ladder using rational methods by considering anthropometry and administrators attitudes. Dimensional ergonomic folding ladder measures 50 cm x 30 cm on the footstool with a height of 54 cm from the floor, and is equipped with a mat board. From the observation during the implementation of ergonomic folding ladder, shows there working attitude significantly reduced pain and fatigue complaints of administrators.

Keywords: Ergonomics, Anthropometry, Work Attitude, Design, Folding Ladder.