

Lampiran III (Nordic Body Map)

Kuisisioner NMB(Nordic Body Map)

Tabel 1.1 Tingkat Kesakitan Pekerja

	Keterangan	
A	<i>No Pain</i>	Tidak terasa sakit
B	<i>Moderately Pain</i>	Cukup Sakit
C	<i>Painful</i>	Menyakitkan
D	<i>Very Painful</i>	Sangat Menyakitkan

Tabel 1.2 Kuisisioner Nordic Body Map

No	Location	Level of Complaints			
		A	B	C	D
0	<i>Upper neck/Atas leher</i>				
1	<i>Lower neck/Bawah leher</i>				
2	<i>Left shoulder/Kiri bahu</i>				
3	<i>Right shoulder/Kanan bahu</i>				
4	<i>Left upper arm/Kiri atas lengan</i>				
5	<i>Back/Punggung</i>				
6	<i>Right upper arm/Kanan atas lengan</i>				
7	<i>Waist/Pinggang</i>				
8	<i>Buttock/Pantat</i>				
9	<i>Bottom/Bagian bawah pantat</i>				
10	<i>Left elbow/Kiri siku</i>				
11	<i>Right elbow/Kanan siku</i>				
12	<i>Left lower arm/Kiri lengan bawah</i>				
13	<i>Right lower arm /Kanan lengan bawah</i>				
No	Location	Level of Complaints			
		A	B	C	D
14	<i>Left wrist/ Pergelangan tangan Kiri</i>				
15	<i>Right wrist/ Pergelangan tangan Kanan</i>				
16	<i>Left hand/ Tangan Kiri</i>				
17	<i>Right hand/ Tangan Kanan</i>				
18	<i>Left thigh/ Paha Kiri</i>				
19	<i>Right thigh/ Paha Kanan</i>				
20	<i>Left knee/ Lutut Kiri</i>				
21	<i>Right knee/ Lutut Kanan</i>				
22	<i>Left calf/ Betis Kiri</i>				
23	<i>Right calf/ Betis Kanan</i>				
24	<i>Left ankle/ Pergelangan kaki Kiri</i>				
25	<i>Right ankle/ Pergelangan kaki Kanan</i>				
26	<i>Left foot/kaki kiri</i>				
27	<i>Right foot/kaki kanan</i>				

