

UNIVERSITI TEKNOLOGI MARA

**WHOLE BODY POSTURE
ASSESSMENT IN PICKING TASK
ACTIVITY**

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ABSTRACT

The purpose of this study is to investigate the association between posture assessment and musculoskeletal pain when doing low-mass picking activities. People often look down and didn't care about musculoskeletal pain. The main reason of musculoskeletal pain is body posture in doing activity. If the body posture is correct then it could prevent musculoskeletal pain and if not, it could worsen the musculoskeletal pain. The solution to this problem is posture evaluation using REBA to evaluate the correct posture in doing activity. The findings are the correct posture will be achieved and musculoskeletal pain can be prevented by using the REBA method which it will determine the score of the posture. This will teaches the people about the important of body posture in doing activity and how to do posture evaluation.

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