

**The Effect of Safely Manual Material Handling Counseling Program to Low Back  
Pain Reduction Complain of Lifter Workers in the Gudang Beras Bulog  
Mangli, Kabupaten Jember**

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**ABSTRACT**

The lifter workers is the part of worker societies who need to get attention because of the work they do a lot of undue risk to health. The purpose of this research was to determine whether the procurement of information about the safety manual material handling can reduce low back pain complaints is lifter workers GBB Mangli Jember. This type of research is True Experiment research with simple random sampling. The results of this research are maintaining significant differences in the position of transport position due to the weight which should be transported by the respondents before and after counseling regarding the safely manual material handling ( $p = 0.000 < \alpha = 0.05$ ). There are many differences in transport position and body weight between the control group and the treatment group after counseling regarding the safely manual material handling ( $p = 0.000 < \alpha = 0.05$ ). Due to the result the BULOG Sub Regional Division IX Jember district should pay more attention in health and safety of the lifter workers, for example through the provision of medical examinations for workers and cooperating with the Department of Manpower and Transmigration to procuring some counseling related to health and safety working program

**Keywords:** Manual Material Handling Safety, Low Back Pain.