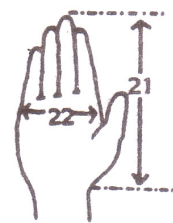
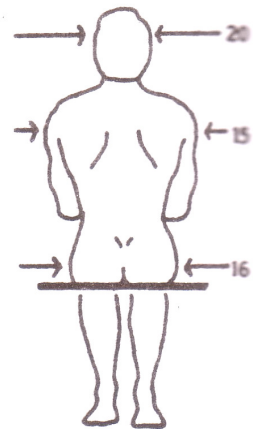
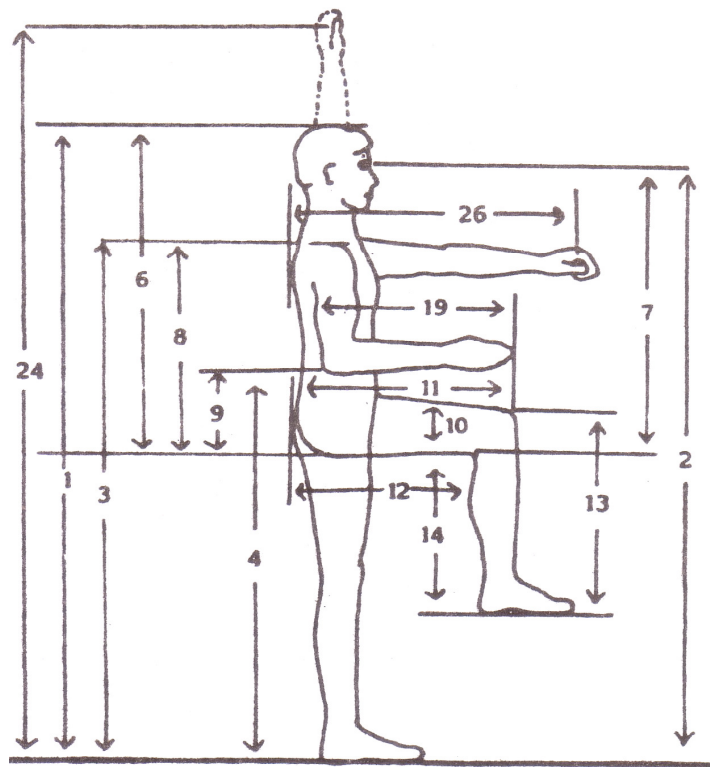


LAMPIRAN-LAMPIRAN

LAMPIRAN A

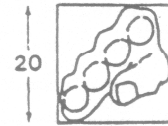
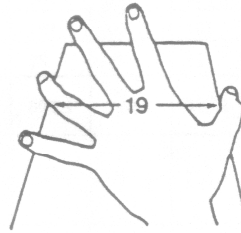
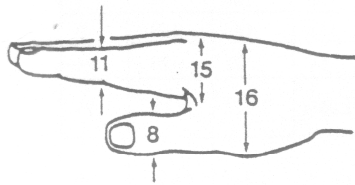
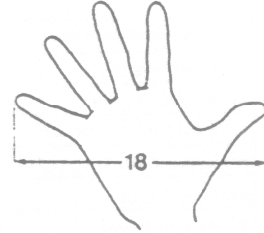
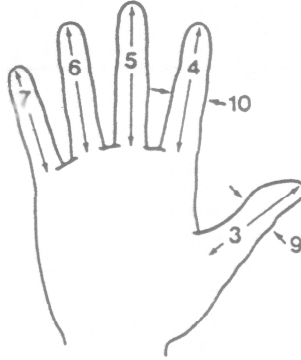
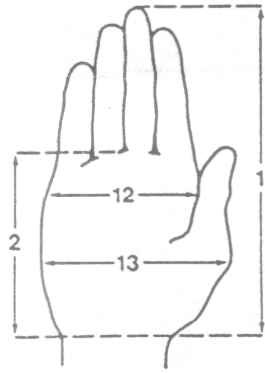
Gambar dan Tabel Antropometri Tubuh Manusia



DIMENSI TUBUH	P R I A				WANITA			
	5%	X	95%	S.D	5%	X	95%	S.D
1. Tinggi Tubuh Posisi berdiri Tegak	1.532	1.632	1.732	61	1.464	1.563	1.662	60
2. Tinggi Mata	1.425	1.520	1.615	58	1.350	1.446	1.542	58
3. Tinggi Bahu	1.247	1.338	1.429	55	1.184	1.272	1.361	54
4. Tinggi Siku	932	1.003	1.074	43	886	957	1.028	43
5. Tinggi Genggaman Tangan (<i>Knuckle</i>) pada Posisi Relaks kebawah	655	718	782	39	646	708	771	38
6. Tinggi Badan pada Posisi Duduk	809	864	919	33	775	834	893	36
7. Tinggi Mata pada Posisi Duduk	694	749	804	33	666	721	776	33
8. Tinggi Bahu pada Posisi Duduk	523	572	621	30	501	550	599	30
9. Tinggi siku pada Posisi Duduk	181	231	282	31	175	229	283	33
10. Tebal Paha	117	140	163	14	115	140	165	15
11. Jarak dari Pantat ke Lutut	500	545	590	27	488	537	586	30
12. Jarak dari Lipat Lutut (<i>popliteal</i>) ke Pantat	405	450	495	27	488	537	586	30
13. Tinggi Lutut	448	496	544	29	428	472	516	27
14. Tinggi Lipat Lutut (<i>popliteal</i>)	361	403	445	26	337	382	428	28
15. Lebar Bahu (<i>bideloid</i>)	382	424	466	26	342	385	428	26
16. Lebar Panggul	291	331	371	24	298	345	392	29
17. Tebal Dada	174	212	250	23	178	228	278	30
18. Tebal Perut (<i>abdominal</i>)	174	228	282	33	175	231	287	34
19. Jarak dari Siku ke Ujung Jari	405	439	473	21	374	409	287	34
20. Lebar Kepala	140	150	160	6	135	146	157	7
21. Panjang Tangan	161	176	191	9	153	168	183	9
22. Lebar Tangan	71	79	87	5	64	71	78	4
23. Jarak Bentang dari Ujung Jari Tangan Kiri ke Kanan	1.520	1.663	1.806	87	1.400	1.523	1.646	75
24. Tinggi Pegangan Tangan (<i>grip</i>) pada Posisi Tangan Vertikal ke Atas & Berdiri Tegak	1.795	1.923	2.051	78	1.713	1.841	1.969	79
25. Tinggi Pegangan Tangan (<i>grip</i>) pada Posisi Tangan Vertikal ke Atas & Duduk	1.065	1.169	1.273	63	945	1.030	1.115	52
26. Jarak Genggaman Tangan (<i>grip</i>) ke Punggung pada Posisi Tangan ke Depan (horizontal)	649	708	767	37	610	661	712	31

LAMPIRAN B

Gambar dan Tabel Antropometri Telapak Tangan



D I M E N S I	P R I A				WANITA			
	5th	50th	95th	S.D.	5th	50th	95th	S.D.
1. Panjang Tangan	163	176	189	8	155	168	181	8
2. Panjang Telapak Tangan	92	100	108	5	87	94	101	4
3. Panjang Ibu Jari	45	48	51	2	42	45	48	2
4. Panjang Jari Telunjuk	62	67	72	3	60	65	70	3
5. Panjang Jari Tengah	70	77	84	4	69	74	79	3
6. Panjang Jari Manis	62	67	72	3	59	64	69	3
7. Panjang Jari Kelingking	48	51	54	2	45	48	51	2
8. Lebar Ibu Jari (IPJ)	19	21	23	1	16	18	20	1
9. Tebal Ibu Jari (IPJ)	19	21	23	1	15	17	19	1
10. Lebar Jari Telunjuk (PIPJ)	18	20	22	1	15	17	19	1
11. Tebal Jari Telunjuk (PIPJ)	16	18	20	1	13	15	17	1
12. Lebar Telapak Tangan (<i>Metacarpal</i>)	74	81	88	4	68	73	78	3
13. Lebar Telapak Tangan (sampai Ibu Jari)	88	98	108	6	82	89	96	4
14. Lebar Telapak Tangan (Minimum)	68	75	82	4	64	59	74	3
15. Tebal Telapak Tangan (<i>Metacarpal</i>)	28	31	34	2	25	27	29	1
16. Tebal Telapak Tangan (sampai Ibu Jari)	41	48	47	2	41	44	47	2
17. Diameter Genggam (maksimum)	45	48	51	2	43	46	49	2
18. Lebar Maksimum (Ibu Jari ke Jari Kelingking)	177	192	206	9	169	184	199	9
19. Lebar Fungsional Maksimum (Ibu Jari ke Jari lain)	122	132	142	6	113	123	134	6
20. Segi Empat Minimum yang dapat dilewati Telapak Tangan	57	62	67	3	51	56	61	3

Catatan :

IPJ = Interphalangeal Joint (Sambungan antar ruas tulang jari).

PIPJ = Proximal Interphalangeal Joint (Sambungan antar ruas tulang jari ke arah mendekati tubuh).

LAMPIRAN C

Gambar dan Tabel Lingkungan Fisik

Table WRKSTN-D4: Recommended Illumination Levels (Footcandle)
For a Variety of Different Tasks¹

Assembly		Inspection	
Rough easy seeing	30	Ordinary	50
Rough difficult seeing	50	Difficult	100
Medium	100	Highly difficult	200
Fine	500	Very difficult	500
Extra fine	1000	Most difficult	1000
Auditoriums		Library	
Assembly only	15	Reading areas	
Exhibitions	30	Reading printed material	30
Social activities	5	Study and note taking	70
Banks		Card files	100
Lobby		Circulation desks	70
General	50	Offices	
Writing areas	70	Reading handwriting in pencil, active filing, mail sorting	100
Teller's stations	150	Reading handwriting in ink, intermittent filing	70
Posting and keying	150	Reading high contrast or well printed materials	30
Conference rooms		Conferring and interviewing	30
Critical seeing tasks	100	Corridors	20
Conferring	30	Residences	
Note-taking during projection	30	Specific visual tasks	
Hospitals		Dining	15
Anesthetizing and preparation room	30	Grooming, shaving, make-up	50
Lobby (or entrance foyer)		Food preparation	50
During day	50	Ironing	50
During night	20	Sewing	
Medical records room	100	Dark fabrics	200
Nurses station		Medium fabrics	100
General—day	70	Light fabrics	50
General—night	30	General lighting	
Patients' rooms		Conversation, relaxation	10
General	20	Visual tasks	30
Reading	30		
Observation (by nurse)	2		
Surgical suite			
Operating room, general	200		
Operating table	2500		

Recommended Illumination Levels for Interior Lighting²

Activity type	Illumination level (lx)
Rough orientation	75
Occasional rough visual tasks	150
Rough assembly	320
Rough toolmaking	550
Office work—simple	750
Bookkeeping—small character size	1,500
Difficult inspection	1,500
Technical drawing	2,200
Precise assembly work	5,000
Prolonged difficult visual task	7,500
Precise and delicate visual work	11,000
Very special visual tasks—extremely low contrast and small object size	15,000

Table WRKSTN-D6: General Illumination Levels and Types of Illumination for Different Task Conditions³

Task condition	Type of task or area	Illuminance level (Ft.-c)	Type of illumination
Small detail, low contrast, prolonged periods, high speed, extreme accuracy.	Sewing, inspecting dark materials, etc.	100	General plus supplementary, e.g., desk lamp.
Small detail, fair contrast, speed not essential.	Machining, detail drafting, watch repairing, inspecting medium materials, etc.	50-100	General plus supplementary.
Normal detail, prolonged periods.	Reading, parts assembly; general office and laboratory work	20-50	General, e.g., overhead ceiling fixture.
Normal detail, no prolonged periods.	Washrooms, power plants, waiting rooms, kitchens	10-20	General, e.g., random natural or artificial light
Good contrast, fairly large objects.	Recreational facilities..	5-10	General.
Large objects.....	Restaurants, stairways, bulk-supply warehouses.	2-5	General.

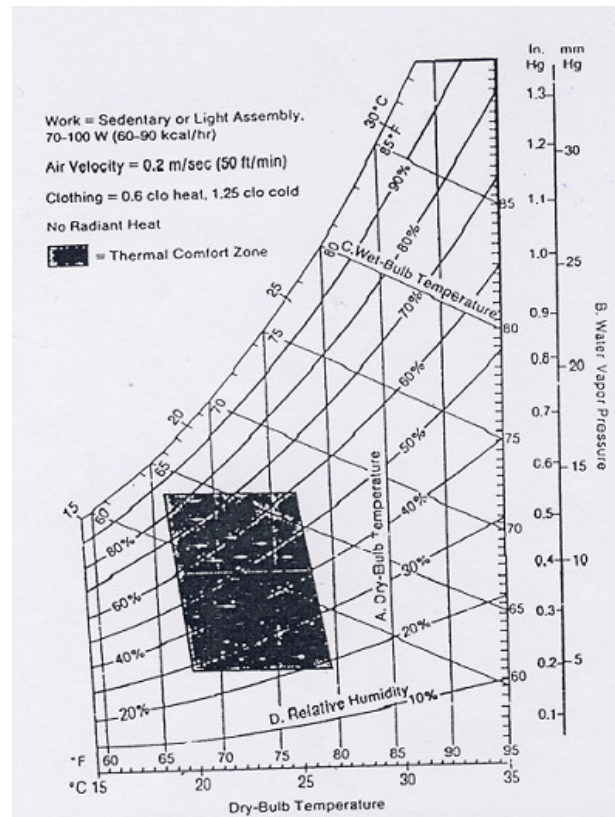


Figure WRKSTN-E3: Thermal Comfort Zone¹

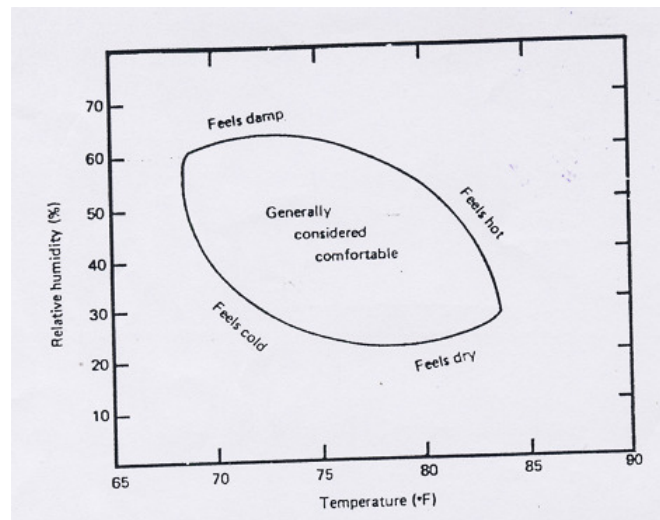
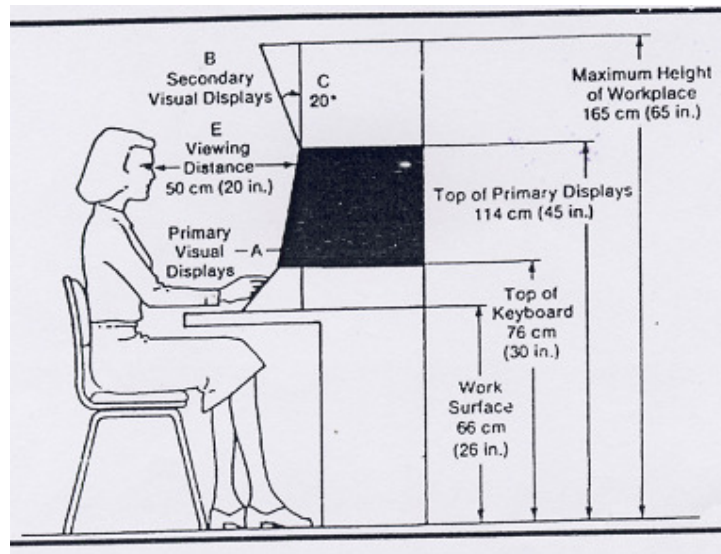
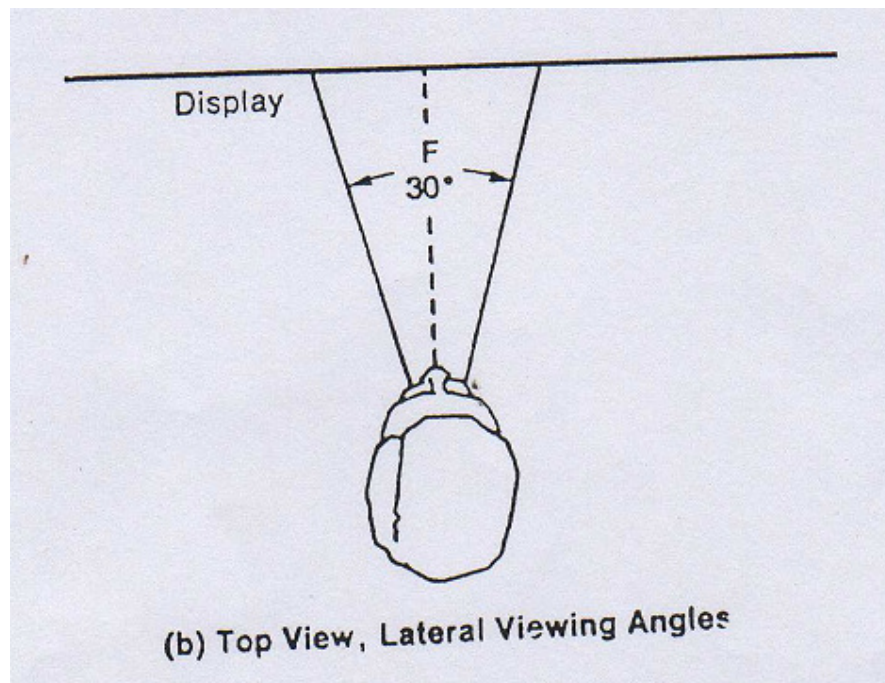
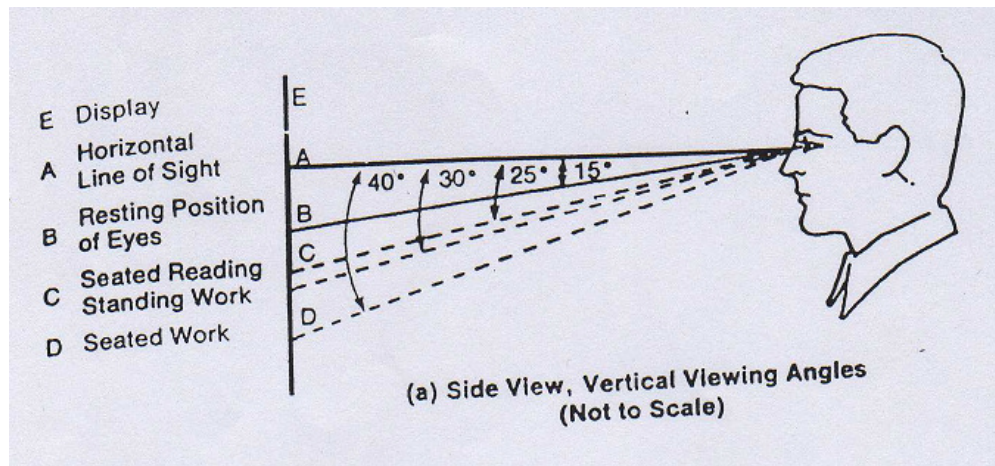


Figure WRKSTN-E4: Comfort Zone as a Function of Relative Humidity Versus Temperature²

LAMPIRAN D

Gambar Jarak dan Sudut Pandang





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Nilai Tugas Akhir : A

Tanggal USTA : 4 Februari 2009

KOMENTAR DOSEN PENGUJI

Nama Mahasiswa : Jessica
NRP : 0523115
Judul Tugas Akhir : Perancangan Warnet Di Dalam Bis Ditinjau Dari Segi Ergonomi (Studi Kasus Di PT Vena Sentra Informasi, Bogor)

Komentar-Komentar Dosen Penguji :

1. Sebaiknya analisis sudut pandang horizontal dan vertikal menggunakan rumus.
2. Sebaiknya analisis lebar gang yang akan dilewati oleh dua orang disesuaikan dengan tinggi meja dan data anthropometri, karena kiri dan kanan gang dibatasi oleh meja-meja.