

# DESCRIPTION OF LOW BACK PAIN IN EMPLOYEES CV. PACIFIC GARMENTS

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## ABSTRACT

**Background:** *Garment is defined as a factory that produces various types of clothing to be traded, employees who work are at risk of getting health problems due to work, namely low back pain often lifting objects that are too heavy, injuries or trauma, and non-ergonomic positions such as bending.* **Purpose:** *Knowing the incidence of low back pain in CV employees. Pacific Garments.* **Method:** *The type of research used is descriptive quantitative research with a cross-sectional approach. Sampling using total sampling with a sample of 60 respondents.* **Results:** *The results showed that the majority of cases of low back pain were severe with a total of 30 respondents with a percentage of 50.0%, while the incidence of low back pain with moderate disabilities amounted to 18 respondents with a percentage of 30.0%, with a minimum disability of 8 respondents with a percentage of 13.3% and for very disabled 4 respondents with a percentage of 6.7%* **Conclusion:** *The majority of low back pain cases are severe disabilities.*

**Keywords:** *Low Back Pain, Employee, Garments*