ABSTRACT

Every work place and type of work can cause fatigue which can cause decrease performance and increase levels of work-related errors, thus providing employment opportunities in industrial accidents. Fatigue is usually characterized by symptoms such as lack of attention and decrease physical activity and mental health. The objectives of the research were to study the prevalence of fatigue and it’s correlation with individual characteristics (i.e. age, sex, health status and nutritional status), as well as period of work, time to rest, workload and workplace condition such as work climate of employee at UD. Lantai Mas Bojonegoro.

The design of this research was observational with cross-sectional approach. Respondens of this research were total population, there were 49 workers. Primary data was obtained by using questionnaire, observation and measurement include nutritional status and work climate. While secondary data was obtained from administration. Data obtained were presented on the table, then analyzed using Fisher’s Exact Test and Correlation Spearman.

The result showed that prevalence of fatigue are 39 respondents (79.6%) of 49 respondents. Most of the work teanga experiencing burnout are women workers counted 23 people (95.8%) and healthy workforce that is not fully experiencing burnout as many as three people (100.0%). The result show that fatigue has significant correlation (p<0.05) with workload and perceptions of respondents to the hot working environment. Whereas with age, nutritional status and WBGT (wet temperature index and the ball) does not have a work environment significant correlation (p>0.05).

To reduce the risk of fatigue, it is suggested to the owner of the company to provide adequate rest (at least half an hour after four hours of work) so that workers can restore the conditions become better and can reduce fatigue due to excessive workloads, providing drinking water in the workplace and to provide training and direction to every worker to drink more, do not give weight to the workload of women workers to transport products such as job best done by men. The company should replace the tile roof of corrugated iron to the absorption of heat is reduced so that the workplace at room temperature cooler. Companies should apply the Standard Operating Procedures (SOPs) in each unit so that workers can work in accordance with applicable standards to reduce the incidence of fatigue caused by working the wrong way.

Key words: Fatigue, worker, factor.