ABSTRACT

A workplace that was safe and comfortable is an important factor in increasing productivity, hot workplace can cause physiological response of each individual. This research was conducted to Analysis the difference in body temperature and blood pressure.

This research was analytic research type with cross sectional approach. Population in this research were 20 people, based on the criteria of research sample obtained 19 people from the total of population. Data in this research was obtained by observation and questionnaire to workers. Observation of workplace climate was using Digital Questemp 36. Body temperature was measured by using digital thermometer and blood pressure was measured by using Spygnomanometer. Data analysis was using test of Paired Sample Test.

Result of this research show that most of the workers aged between 26-35 years, with a service life of 5-10 years. Workers work in the workplace more than 8 hours per day and have less rest time. The value of the climate work with the workload category “is being” above the allowed NAB. The average increase in body temperature after exposed to the heat was amounting to 0.96 0C, The average increase in blood pressure was amounting to 8.95 mmHg and 6.1 mmHg, diastolic and systolic of statistical test result and paired sample test all three stating the existence of significant difference value.

Conclusion analysis of the difference body temperature and blood pressure between before and after exposure to heat declared the existence of significant differences. Suggestions in the research enterprise is expected to conduct health checks on a regular basis at least once a year, set working hours and rest periods.

Keywords: Blood Pressure, Body Temperature, Heat Stress