

ABSTRACT

Bean curd was one of the most favourite food in Indonesia. Workers employed in bean curd Home Industry Edwinco were at risk of exposure to high air temperature, this can result in heat related disorders. The purpose of this research was to study the subjective complain of worker exposed to heat in bean curd Home Industry Edwinco.

This research was a descriptive study with cross-sectional approach. The object of this research were 13 workers employed in bean curd Home Industry Edwinco. The variables were studied individual characteristic, liquid intake, WBGT index, work rate, rest periode and subjective complains. Primary data were collected by means of questionnaires for intervieweing respondents.

The data obtained were analyzed descriptively using table. The results of the study showed that most of respondent aged 34 – 43 years (38,46%) and 44 – 53 years(38,46%), education level Junior High School (38,46%), duration of employment 1 – 40 years. All of respondent complained of dizziness, itching and prictly heat, no spesific rest periode was provided and drinking water was not provided as well. The drinking water was consumed was less than the recommended ammount. Wet Bulb Globe Temperature (WBGT) measured had exceeded the Threshold Limit Value (TLV) established by minister decree No.51 1999.

Based on the results of the study was recommended that workers consumed drinking water as frequently as possible (200cc every 30 minutes) without they feel thirsty and employer provide drinking water and special rest time at least 30 minutes.

Keyword : heat related complains

ABSTRAK

Tahu merupakan salah satu makanan favorit masyarakat Indonesia. Pekerja yang bekerja di Home Industry tahu Edwinco memiliki risiko untuk terpapar panas, hal ini dapat menyebabkan keluhan yang berhubungan dengan paparan panas. Tujuan dari penelitian ini adalah mempelajari keluhan subyektif pekerja yang terpapar panas di *Home Industry* tahu Edwinco

Penelitian ini adalah penelitian deskriptif, dengan pendekatan *cross sectional*. Responden dalam penelitian ini adalah seluruh pekerja pembuat tahu di *Home Industry* tahu Edwinco yang berjumlah 13 orang. Variabel yang diteliti antara lain karakteristik individu, *intake* cairan, iklim kerja, aktivitas kerja dan keluhan subyektif responden.

Berdasarkan data yang diperoleh responden berusia 34 – 43 tahun (38,46%) dan 44 – 53 tahun (38,46%), berpendidikan tertinggi SMA sebanyak (38,46%), memiliki masa kerja 1 – 40 tahun, tidak ada jadwal istirahat selama kerja dan responden menyediakan sendiri air minum. *Intake* cairan yang dikonsumsi kurang dari 200cc/30 menit. Hasil pengukuran ISBB adalah 31,6⁰C. Seluruh responden mengaku pernah mengalami keluhan pusing, gatal serta ruam pada kulit.

Berdasarkan penelitian diatas disarankan tenaga kerja untuk mengkonsumsi air minum sebanyak 1 gelas (200cc) setiap 30 menit tanpa menunggu rasa haus untuk menggantikan cairan tubuh yang hilang, pengusaha sebaiknya menyediakan air minum dan waktu istirahat khusus selama 30 menit diantara jam kerja.

Kata Kunci : Keluhan akibat terpapar panas