

Analisis potensi kelelahan akut pada operator alat berat di area 1 tambang bukti karang putih PT semen padang tahun 2016

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Abstrak

Faktor kelelahan merupakan salah satu penyebab terjadinya kecelakaan. Penelitian ini bertujuan untuk mengetahui gambaran potensi kelelahan akut berdasarkan skala OFER dan jenis alat berat, menganalisa hubungan faktor work-related fatigue (durasi kerja, beban kerja dan shift kerja), faktor non-work-related fatigue (usia, status gizi, commuting time, jumlah jam tidur) dengan potensi kelelahan akut pada operator alat berat. Penelitian ini dilakukan bulan April hingga Juli 2016 pada operator alat berat di area 1 tambang Bukit Karang Putih. Jumlah responden penelitian 50 orang. penelitian kuantitatif observasional, metode cross-sectional. Pengukuran kelelahan menggunakan kuesioner skala Occupational Fatigue Exhaustion Recovery (OFER) dan hasilnya menunjukkan bahwa 48% responden mempunyai potensi kelelahan akut sedang, 44% potensi kelelahan akut pada operator dump truck, shift kerja mempunyai hubungan yang signifikan terhadap potensi kelelahan akut tinggi dan sedang (p value = 0.027). diharapkan PT Semen Padang memberikan edukasi tentang faktor risiko kelelahan pada operator alat berat.

Kata Kunci: Potensi Kelelahan Akut, Kelelahan Operator Alat Berat, Skala OFER, Shift

Fatigue is one of the cause of accidents. The objective of this study is to examine acute fatigue potential based on a Occupational Fatigue Exhaustion Recovery (OFER) scale and types of heavy equipment, analyze the relationship between work-related fatigue (duration, workload and shift work), response to non-work-related fatigue (age, nutritional status, commuting time, the number of hours of sleep) with the occurrence of fatigue on heavy equipment operator. This research was conducted from April until July 2016 at heavy equipment operator in the mine area 1 Bukit Karang Putih. Number of study respondents 50 people. The study is observational quantitative research with cross-sectional method. Measurement of fatigue using a OFER scale and the results show that 48% of respondents experiencing moderate acute fatigue, 44% of dump truck experiencing high acute fatigue, shift has significant correlation with high and moderate acute fatigue potential (p value = 0.027). recommendation to company PT Semen Padang to provide education or training about risk factor fatigue to heavy equipment operator.

Keywords: Acute fatigue, Heavy Equipment Operator Fatigue, OFER Scale, Shift