

## Analisis tekanan panas dan keluhan subjektif akibat pajanan tekanan panas pada pekerja di area PT. United Tractors Tbk. Tahun 2013 = Analysis of heat stress and worker's subjective complaints due to heat stress exposure in PT. United Tractors Tbk. area in 2013

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### Abstrak

Penelitian pada 4 lokasi di area PT United Tractors Tbk. yang terdiri atas Warehouse Head Office, Yard Marketing, Workshop Jakarta dan UTR menunjukkan indeks WBGT Indoor antara 28.56°C sampai dengan 30.84°C dan indeks WBGT Outdoor antara 29.77°C hingga 29.88°C. Setelah dilakukan analisis indeks WBGT, beban kerja dan pola kerja berdasarkan Permenakertrans No. 13 Tahun 2011, didapatkan hasil bahwa dari 115 responden yang menjadi subyek penelitian, 25 responden (21.7%) termasuk kelompok berisiko mengalami pajanan tekanan panas. Sebanyak 110 responden (95.7%) merasakan temperatur lingkungan tempat mereka bekerja adalah panas serta 79.1% responden merasa tidak nyaman (terganggu) dengan kondisi tersebut. Seluruh responden yang menjadi subyek penelitian pernah mengalami keluhan akibat pajanan tekanan panas tetapi dengan frekuensi yang berbeda-beda. Jenis keluhan yang sangat sering (setiap hari) dirasakan oleh responden adalah banyak mengeluarkan keringat (64.3%) dan merasa cepat haus (43.5%) sedangkan jenis keluhan yang tidak pernah dirasakan oleh pekerja adalah rasa ingin pingsan (90.4%) dan kram/kejang otot perut (82.6%).

.....The research is conducted in 4 locations: Warehouse Head Office, Yard Marketing, Workshop Jakarta and UTR. The result of environmental monitoring showed that the WBGT indoor index range from 28.56°C until 30.84°C and WBGT outdoor from 29.77°C until 29.88°C. The measurement results of WBGT index, workload and work rate are being analyzed and compared with Permenakertrans No. 13 Tahun 2011. The comparison result showed that 25 respondent (21.7%) are including into risky group due to exposure of heat stress. 110 out of 115 respondents (95.7%) feel that their workplace is hot and 79.1% respondents feel uncomfortable with that hot conditions. Besides that, many subjective complaints due to exposure of heat stress are experienced by the workers with different frequency. The subjective complaints that experienced everyday by the workers are excessive sweating (64.3%) and quickly feel thirsty (43.5%), beside that the complaints that never being experienced by the workers are collapse (90.4%) and muscle abdominal cramps (82.6%).