

Gambaran keluhan subyektif akibat pajanan tekanan panas pada pekerja kebersihan PT. X mitra kerja PT. Indonesia power unit bisnis pembangkit Suralaya tahun 2014 = An overview of subjective complaints caused by heat stress exposure on cleaning service at PT. X partner of PT. Indonesia power Suralaya generating business unit in 2014

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Abstrak

Penelitian ini bertujuan untuk menjelaskan gambaran keluhan subyektif akibat pajanan tekanan panas pada pekerja kebersihan PT X mitra kerja PT Indonesia Power Unit Bisnis Pembangkit Suralaya (PT IP Suralaya) tahun 2014. Penelitian ini menggunakan metode cross sectional dengan jumlah sampel sebanyak 22 orang. Data primer dikumpulkan dengan melakukan pengukuran iklim kerja, pengukuran berat badan dan tinggi badan serta penyebaran kuesioner. Hasil penelitian menunjukkan bahwa enam keluhan dirasakan oleh >50% responden yaitu banyak mengeluarkan keringat (100%), merasa cepat haus (90,9%), kulit terasa panas (86,4%), lemas (63,6%), merasa cepat lelah (59,1%) dan merasa tidak nyaman dalam bekerja (59,1%) serta sebanyak 13 (59,1%) responden mengalami kejadian tekanan panas. Oleh karena itu, diperlukan berbagai upaya pengendalian bagi PT IP Suralaya yaitu memperbaiki exhaust di Mezanine unit 5 dan 7, meningkatkan pengawasan secara berkala, melakukan komunikasi dan promosi bahaya tekanan panas serta melakukan pengukuran iklim kerja secara rutin. Sedangkan bagi PT X yaitu memastikan air minum selalu tersedia, menyediakan air minum bersuhu antara 10°C-15°C dan rotasi pekerja yang berusia 40 tahun serta saran bagi pekerja PT X yaitu mengganti konsumsi kopi sesaat sebelum memulai bekerja dengan konsumsi 2 gelas air mineral dan 1 gelas air mineral setiap 15-20 menit sekali ketika bekerja di tempat panas.

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The objective of the study is to describe the overview of subjective complaints due to heat stress exposure felt by cleaning service of PT X partner of PT Indonesia Power Suralaya Generating Business Unit (PT IP Suralaya) in 2014. This study used a cross-sectional method which samples are 22 people. Primary data were collected by measuring work climate, measurement of sample's weight and height, as well as questionnaires. The study showed that six complaints that felt by >50% are sweating (100%), feeling thirsty gradually (90.9%), skin feels hot (86.4%), feeling tired (59.1%), and feel uncomfortable while working (59.1%) and 13 respondents (59.1 %) experience heat stress. Therefore, some controls that can be undertaken by PT IP Suralaya are fix the exhaust in Mezanine unit 5 and 7, increased periodic inspections, hazard communication programs and measurements of work climate. Other controls that can be undertaken by PT X are ensure the availability of drink water, provide drink water which temperature between 10°C-15°C, and rotating worker. Besides, the workers should avoid the consumption of coffee immediately before start working, as well as drink 2 glasses and a glass of mineral water every 15-20 minutes while working in hot areas.