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Gambaran tekanan panas dan keluhan subjektif akibat pajanan panas pada pekerja water blasting dan AFR di area preheater industri semen PT. X tahun 2016 = Description of heat stress exposure and subjective complaints among water blasting and AFR workers in preheater cement industry PT. X 2016

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Abstrak

Kombinasi dari faktor lingkungan kerja, faktor pekerjaan, faktor pakaian, serta faktor karakteristik individu dapat menyebabkan tekanan panas (heat stress) bagi pekerja water blasting dan AFR di area preheater industri semen PT.X. Tekanan panas memiliki potensi untuk menyebabkan gangguan kesehatan (heat related disorders) yang diawali respon fisiologis tubuh (heat strain) berupa gejala yang dirasakan secara subjektif oleh responden. Penelitian ini menggunakan metode observasional dengan pendekatan cross-sectional.

Dari hasil penelitian ini diketahui bahwa terdapat 24 pekerja (100%) water blasting dan 19 pekerja AFR (52,8%) mengalami tekanan panas. Hasil penelitian juga menunjukkan bahwa terdapat 7 keluhan yang dirasakan oleh >50% responden yaitu banyak mengeluarkan keringat (100%), merasa cepat haus (100%), kulit terasa panas (83,3%), merasa cepat lelah (66,7%), lemas (66,7%), tidak nyaman (65%), dan merasa pusing atau berkunang-kunang (51,7%). Berdasarkan hal tersebut, perlu dilakukan pengendalian baik secara teknis, administratif, maupun personal untuk meminimalisasi keluhan dan risiko kesehatan akibat tekanan panas.

.....The combination of environment and work factor, clothing, and individual's characteristic could generate heat stress for water blasting and AFR workers at preheater industry cement PT.X. Heat stress has the potential to cause heat related disorders which started with physiological responses (heat strain) manifested in workers`s subjective complaints. This study used observational method with cross sectional study design.

This study showed that 24 water blasting workers (100%) and 19 AFR workers (52,8%) experienced heat stress. The study also showed that seven complaints felt by >50% are sweating (100%), feeling thirsty gradually (100%), skin feels hot (83,3%), feeling tired (66,7%), limp (66,7%), feel uncomfortable while working (65%) and dizziness (51,7%). Therefore, effort such as engineering control, administrative control, and personal protective equipment are needed to minimize the subjective complaints and adverse health effect of heat stress.