

## ABSTRACT

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Title : Factors Related to Manual Handling Fatigue at Porter at Tanah Abang Market Central Jakarta 2017.

Work fatigue is a state accompanied by decreased efficiency and resilience in work. According to the ILO data in 2010 said that as many as two million workers died because of caused by fatigue factor. The study states of 58115 samples, 32.8% of them or about 18828 samples suffer from fatigue. This research was conducted in Pasar Tanah Abang Blok F Central Jakarta in July 2017. The sample of the study were 53 workers. Using cross section approach with statistical test using Fisher Exact. The variables studied were age, work period, work load and work Posture. Based on Fisher Exact analysis found that there is a relationship between age with work fatigue with P Value 0,000 and OR 56, there is relationship between work period with work fatigue P Value 0.000 and OR 19,5, there is relation of work load with work fatigue with P Value 0,010 and OR 0.088. Provide health education on ergonomic work posture. Longer rest periods required, stretching the muscles at rest, lifting weights less than 30 kg.

**Keywords:** Work Fatigue, Age, Workload.

X + 56 Pages, Attachments

**References:** 31 (2003-2016)