

ABSTRACT

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Title : *Factors Associated with Heat Strain in Workers at Apartement Arandra Reesidence Project by PT Wika Gedung Tbk Year 2018*

Heat strain is the expression of the body's response to heat stress and compounded with personal factors such as age, gender, obesity, chronic disease, alcohol and drugs. Based on the results of preliminary studies with 20 workers in Apartement Arandra Residence building Project suggested that 16 workers experienced heat strain. Heat strain can affect worker's health and factory's productivity. Therefore, researcher conducted a study factors associated with heat strain in workers at Apartement Arandra Reesidence Project by PT Wika Gedung Tbk Year 2018.

This study is an analytical study with cross sectional design. Researched factors are heat stress, age, obesity, chronic disease. 70 workers as a sample in this study. Bivariate analysis were performed by t-test independent and chi square test.

The result showed that there were 50 workers (71,4%) who experienced heat strain. Bivariate analysis showed that age variable has significantly associated with heat strain (p value 0,0001). However the unrelated variables are heat stress, obesity, chronic disease (p value $> 0,05$). Therefore, the researcher suggested to perform engineering and administrative control. Engineering control such as moving workers at risk to a cooler work area. Administrative control such as arranging worker's qualifications by management.

Keyword : Heat strain, heat stress, age, obesity, chronic disease.
xv + 78 pages, 16 tables, 2 images, 8 attachments
Bibliography : 46 (1983-2018)