ABSTRACT

The load for each type of work is different depending on the type of work. Every job, regardless of its type, requires muscle strength or thinking which is a burden for workers. Loads can be physical, mental or social loads according to the type of work. Workload is something that arises due to job demands influenced by work environment factors, skills, behavior and perceptions of workers. CV. Tojaya Machinery is a company engaged in the metal industry by producing products such as roll presses on wood industry machines which have an estimated production capacity of 48,000 kg per year. CV. Tojaya Machinery has 10 lathes and 10 operators who operate the lathes to produce roll presses 8 hours a day. The roll press comes from raw metal and has a type of weight of 50 kg and 100 kg. With an average employee working ± 8 working hours per day and having an average age of 42.2 they have to work with more dominant physical or muscle work almost continuously with physical work capacity that is no longer optimal. This workload study uses the Cardiovascular Load (CVL) method. Based on the classification of CVL calculation categories, it can be seen that there are 5 operators included in the category of no work fatigue, namely operator 5 with %CVL of 27.13%, operator 6 of 28.66%, operator 7 of 24.27%, operator 8 of 28.22%, and operator 10 29.53%. While operator 1 (34.43%), operator 2 (37.92%), operator 3 (39.47%), operator 4 (41.35%) and operator 9 (34.23%) are included in the %CVL category required improvement in work.

Keywords: Age, Cardiovascular Load, Operator, Workload