

ABSTRACT

Improved quality of service some companies impose working hours for 24 hours/day, setting a schedule for each work shift needs to be done carefully because it deals with the human biological clock (circadian rhythm). The purpose of the implementation of this research are expected to analyze how the level of tiredness on workers who strongly influenced the work fatigue. The instruments used a detailed questionnaire KAUPK2. The method used is the Bourdon Wiersma. The results of the research are: the level of fatigue working on shift 2 is very influential in the real shift by 1 due to excessive workload factors and an uncomfortable working environment as well as internal factors and weather factors in the production process. Work fatigue after working on labor with the level of fatigue and high.

Keywords: Shift work, Fatigue, Bourdon Wiersma and Feelings Questionnaire Measure Tool Working Complaint (KAUPK2)