

ABSTRACT

The high production target from increased demand, resulting in production workers having to work overtime or increase working hours from the usual normal working hours. This results in a decrease in the productivity of the workers due to the workload experienced by the workers. In addition, there are indications that workers are unable to meet their daily calorie needs, which leads to fatigue problems. This study was conducted to analyze the calorie needs and physical workload of production workers with the aim of increasing productivity. The method of calculating calorie needs using Basal Metabolic Rate (BMR) and total energy requirements, and calculating physical workload using the 10 pulse and Cardiovascular Load (CVL) method. The data was then tested for the influence between calorie intake and cardiovascular work (CVL) using simple linear regression method. The results showed a sig value $(0.247) > (0.05)$ so statistically calorie intake does not significantly affect heart work. But there is an influence of 11% of the calorie intake variable on heart work. Therefore, recommendations are given for a meal menu with predetermined provisions as an effort to reduce heart work so that increased productivity can be achieved.

Keywords: Cardiac work, Calories, CVL, Productivity