

6<sup>th</sup> International Conference and Exhibition on

# OCCUPATIONAL HEALTH & SAFETY

September 13-14, 2017 | Dallas, USA

## Exploring factors related to acute and chronic fatigue on production and packaging workers of manufacturing company

**Amalia Oktaviana** and **Doni Hikmat Ramdhan**  
University of Indonesia, Indonesia

**Statement of the Problem:** In the modern era, company tends to sacrifice their worker's health aspect to pursue higher productivity by implementing longer work hours and shift works which may lead to fatigue. Research has identified multiple factors contributing to occupational fatigue; however, to differentiate between the acute and chronic fatigue yet is still lacking. The usual mechanism of acute fatigue developed into chronic fatigue properties that are not adaptive still difficult to understand fully. This research aims to study the factors related to acute and chronic fatigue in production and packaging workers of Manufacturing Company X. The studied variables in this research is comprised into individual factors such as age, time to sleep, commuting time, and job factors such as duration, shift work, location of work, and overtime.

**Methodology & Theoretical Orientation:** The Occupational Fatigue Exhaustion Recovery (OFER) scale is used to measure acute and chronic fatigue among 78 workers. This research is a descriptive analytic study using cross sectional study design.

**Findings:** The results showed that the sleep time and commuting time has a significant effect on acute fatigue in workers, while the sleep time and duration of the work has a significant impact on chronic fatigue in workers. Workers who experience high level of acute fatigue and chronic fatigue are 2.6%. Also, moderate recovery rate of 61.5% and a high recovery rate is approximately 34.6%.

**Conclusion & Significance:** Not all job and individual factors are associated with acute and chronic fatigue. In addition, the number of high chronic fatigue is not high because recovery can be achieved well.

### Biography

Amalia Oktaviana is currently pursuing her degree in Master of Science in Occupational Health, Safety, and Environment, University of Birmingham. Her other research is about fatigue among shift worker nurses.

AXO680@student.bham.ac.uk

Notes: