

**Efek Intervensi Pelatihan dan *Safety Briefing*
Pada Perilaku Keselamatan dan Kesehatan Kerja Penjamah Makanan
Instalasi Gizi Rumah Sakit**

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Abstrak

Faktor biologi merupakan salah satu sumber pajanan bahaya pada lingkungan rumah sakit. Sumber pajanan terdapat pada semua unsur kegiatan rumah sakit baik medis maupun unit penunjang. Instalasi gizi di rumah sakit merupakan salah satu unit penunjang yang memiliki risiko pajanan biologi terhadap pekerja maupun produk makanan yang dihasilkan. Perilaku penjamah makanan merupakan salah satu risiko terjadinya keracunan makanan di rumah sakit. Tujuan penelitian ini adalah untuk menganalisis pengaruh intervensi pelatihan dan safety briefing pada perilaku keselamatan dan kesehatan kerja penjamah makanan di rumah sakit. Desain penelitian kuasi eksperimental sedangkan populasi penelitian adalah pekerja bagian gizi rumah sakit. Pemilihan sampel secara purposif 60 responden, terbagi pada dua kelompok yaitu intervensi dan kontrol. Kelompok intervensi diberikan perlakuan training dan safety briefing. Kelompok kontrol hanya diberikan penyuluhan *safe food handling*. Hasil penelitian menunjukkan faktor fisik lingkungan kerja suhu dan pencahayaan berada di luar ketentuan nilai ambang batas (NAB). Pemeriksaan kualitas udara menunjukkan angka masih dibawah nilai ambang yaitu 200-500 CFU/m³. Hasil pengamatan empat minggu menunjukkan tidak ada perbedaan rerata skor sikap pengetahuan (p 0,052) dan praktik (p 0,567) pada kedua kelompok. Terdapat perbedaan rerata skor sikap (p 0,035) setelah pengamatan empat minggu pada kedua kelompok. Hasil uji LMM menunjukkan tidak ada pengaruh usia dan masa kerja terhadap perilaku responden dalam penelitian ini. (p< 0,05). Pihak manajemen rumah sakit diharapkan dapat melakukan safety briefing secara kontinu pada pekerja. Pekerja diharapkan untuk mematuhi prosedur kerja dan menggunakan APD dengan lengkap.

Kata kunci : *safety briefing*, pelatihan , perilaku K3 , *hospital food handlers*

The Effect Of Safety Briefing and Worksite Training To Occupational Safety and Health Behaviour Of Hospital Food Handlers

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Abstract

Biological factor was one kind of hazardous exposure in hospital workplace. The source of microbes were found in all elements of hospital activities both medical and supporting units. Hospital kitchen unit was one of the supporting units that has the risk of biological exposure to employees and food products. The behavior of food handlers was one of food poisoning causes in hospital activities. The purpose of this study was to analyze the effect of worksite training and safety briefing on safety and health behavior of food handlers in hospitals. The quasi experimental research design was conducted to this study. Sample was selected by purposive method and divided into two groups; intervention and control group. The intervention group was given training and safety briefing. The control group was only given safe food handling leaflets. The result of the research showed that physical factor of the workplace especially indoor temperature and lighting was beyond the provision of threshold value (TLV). Indoor air quality examination showed the results were still under the threshold limit value of 200-500 CFU / m³. Four weeks observation results showed that was no difference in knowledge (p 0,052) and practice (p 0,567) in both groups significantly. There was an average difference in attitude score (p 0.035) after four weeks observation in both groups. LMM test results showed no effect of age and work tenure on the respondents' behavior in this study. (p <0.05). Hospital management was expected to conduct a continuous safety briefing to the employees. Food handlers were expected to comply with work procedure and use PPE completely.

Keywords : safety briefing, worksite training, occupational safety and health behaviour, hospital food handlers