

## INTISARI

**Latar Belakang:** Pasar Legi Surakarta sebagai pasar terbesar dengan jumlah kuli angkut pasar terbanyak di Surakarta. Beban sekali angkut rata-rata yang dibawa 40-60 kg bagi wanita dan 80-100kg bagi laki-laki. Berat total dalam sehari rata-rata 500-1.500 kg bagi wanita dan 5.000-10.000 kg bagi laki-laki. Cara kerja mereka dengan meletakkan beban di punggung atau digendong tanpa alat bantu angkut. Upaya perlindungan K3 bagi kuli angkut sebagai salah satu pekerja sektor informal perlu diperhatikan dalam penerapannya, mengingat pekerjaan mereka juga memiliki risiko terjadi kelelahan kerja.

**Tujuan:** Mengetahui penerapan SMK3 di sektor informal khususnya sistem manajemen kelelahan kerja pada pekerja kuli angkut di Pasar Legi, Surakarta.

**Metode:** Jenis penelitian ini adalah penelitian kualitatif untuk mendeskripsikan bagaimana penerapan SMK3 di sektor informal khususnya sistem manajemen kelelahan kerja pada pekerja kuli angkut di Pasar Legi, Surakarta

**Hasil dan Pembahasan:** Upaya promotif dan preventif SMK3 belum sampai menysasar dan melibatkan kuli angkut, dan fokus pada upaya meminimalkan risiko kelelahan kerja. Beban kerja kuli angkut melebihi Nilai Ambang Batas yang disarankan dan postur kerja memiliki risiko terjadi cidera dan PAK. Kelelahan kerja merupakan keluhan yang umum dirasakan kuli angkut terutama nyeri otot pada kaki, punggung bawah dan rasa nyeri seluruh tubuh. Belum ada pengadaan alat bantu angkat-angkut; pengurus Pos UKK yang belum terlatih dalam upaya K3; dan kurangnya antusias pihak pasar dan kuli angkut sendiri dalam upaya K3 merupakan beberapa kendala dalam pelaksanaan SMK3 di Pasar Legi.

**Kesimpulan:** Penerapan SMK3 belum sampai pada upaya meminimalkan upaya kelelahan untuk kuli angkut. Pos Upaya Kesehatan Kerja perlu melibatkan organisasi kuli angkut SPTI dalam sasaran dan pelaksanaan upaya promotif dan preventif untuk meminimalkan kelelahan. Perlu penyusunan kebijakan dan organisasi K3 dengan dukungan dan kerja sama dari semua pihak terkait yaitu Dinas Perdagangan sebagai wilayah tempat kerja dan Dinas Kesehatan sebagai pembina upaya K3 sangat diharapkan dalam penerapan SMK3 sektor informal.

**Kata Kunci:** Kuli Angkut, Kelelahan Kerja, SMK3 Sektor Informal

## ABSTRACT

**Background:** Legi traditional market is the biggest market with the largest number of porters in Surakarta. The average one-way load carried was 40-60 kg for women and 80-100 kg for men. The daily average total weight carried was 500-1,500 kg for women and 5,000-10,000 kg for men. They put the loads on their backs or carried without any lifting tools. The implementation of OHS protection for them as one of the informal sector workers needs to consider because their job has a risk of work fatigue.

**Objective:** Understanding the application of OHS Management System in the informal sector, especially the occupational fatigue management system for the porters working in Legi traditional market, Surakarta.

**Method:** The type of research was a qualitative based research to describe how the implementation of OHS Management System in the informal sector, especially the occupational fatigue management system for porters working in Legi traditional market, Surakarta.

**Result and Discussion:** OHS Management System's promotive and preventive efforts, in this case, have not yet reached and involved the porters and have not focused on minimizing the risk of occupational fatigue. The weight of the load carried by porters exceeds the recommended weight threshold and their work posture had a risk of injury and occupational diseases. The occupational fatigue commonly experienced by the porters was such as muscle pain in the knees, lower back pain, and some even getting whole body pain. The problems in implementing OHS Management System at Legi traditional market were due to there was no lifting and transportation equipment available, Post of Occupational Health Effort administrators not been trained of implementing OHS in the workplace, and the lack of enthusiasm from the market management and the porters themselves in OHS.

**Conclusion:** The implementation of the OHS Management System did not include efforts for minimizing occupational fatigue for the porters. The Post of Occupational Health Efforts needs to involve the porter organization (SPTI) in the implementation of promotive and minimize efforts to manage occupational fatigue. It is necessary to form an OSH policy and committee with support and cooperation from all related parties such as the Trade Department ("Dinas Perdagangan") which has the workplace area and the Health Department ("Dinas Kesehatan") which supervise for OHS efforts in term of implementation of OHS Management System in the informal sector is highly expected.

**Keyword:** Porters, Occupational Fatigue, OHS Management System, Informal Sector