

Occupational Safety Behavior Training in a Home-Based Shredded Chicken in Sukamentri Village

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ABSTRACT

Workplace accidents in food processing home industries can be triggered by unsafe worker behavior such as non-ergonomic work positions, not using personal protective equipment properly and not stretching muscles while working. The impact of unsafe behavior can cause health problems for workers, which can reduce worker productivity. Based on the results of a survey of PPN 47 students at one of the food processing home industries located in Sukamentri Village, Garut Regency, data was found that the implementation of the current occupational health program is still very lacking, marked by the lack of knowledge of home industry owners or workers regarding work accident prevention behavior. After data identification, problems were found with back and hand pain, worker body positions that were not in accordance with body ergonomics and incomplete use of APD. Workers said that the working position was standing for a long time and not using APD. Considering these conditions, it is necessary to increase worker knowledge, so that workers avoid work accidents. This increase in knowledge is carried out through Work Accident Prevention Behavior Training activities. The purpose of the activity is to increase worker knowledge in implementing work accident prevention behavior. The stages of the activity start from problem identification, social preparation and administrative preparation. Then continued with the implementation and evaluation stages of the activity. The results of the activity showed an increase in worker knowledge by 14.3 points. The average pretest score was 56.4 points and the average posttest score was 68.7 points. The activity ran smoothly according to the planned time. It is hoped that the training activities that have been implemented can be continued periodically by the home industry owners and Guntur Health Center.

ARTICLE INFO

Article History :

Submitted/Received 12 May 2025

First Revised 1 July 2025

Accepted 29 July 2025

First Available online 31 July 2025

Publication Date 31 July 2025

Keyword :

Work Accidents

Workers

Training

INTRODUCTION

The food processing industry is an industry that processes raw materials into semi-finished products or finished products. In the production process of food processing and the work process, it is not uncommon

for the food processing industry to have risks and dangers due to work (Hanani, 2023). The hazards posed are usually related to occupational health and safety threats, such as work accidents. Work accidents in the home area of the food processing industry are influenced by various factors, such as the condition of work tools and equipment as well as factors from raw materials that are not good or contain hazardous materials (Ikhyana et al., 2023).

Indonesian Manpower Data in 2023 recorded 370,747 cases of work accidents that occurred in Indonesia, while 91 cases were recorded for work-related diseases (Mayadilanuari et al., 2025). The occurrence of work accidents can be triggered by uncomfortable working environment conditions such as poor ventilation conditions, insufficient lighting, noise or the temperature of the work environment that exceeds the safe threshold value. In addition, work accidents can also occur due to the behavior of workers who do their work unsafely or do not use proper personal protective equipment. Various kinds of health problems in the industrial sector can be prevented with preventive measures and promotive measures (Agustin et al., 2023). Occupational Safety and Health (K3) is a national program formed to protect workers and employers as well as companies as an effort to maximize production by preventing injuries and accidents in the workplace (Rosidin & Shalahuddin, 2025). Occupational health safety helps the workforce and society stay healthy and prevent risk factors and dangers that threaten the workplace, one of which is the industrial sector. Accidents and occupational safety in the home industry often occur such as the risk of hazards related to machines where one of the components is a sharp object. Occupational health safety helps the workforce and society stay healthy and prevent risk factors and dangers that threaten the workplace, one of which is the industrial sector. Accidents and occupational safety in the home industry often occur such as the risk of hazards related to machines where one of the components is a sharp object (Wati, 2020).

Various Home Industries are found in various regions including in Sukamentri Village, Garut Regency. The Garut Regency area is one of several areas that have various industrial sectors, one of which is the Hj. Ghonyah shredded food processing industry. This industry is engaged in the processing of raw products into finished products in the form of shredded chicken, where processing is carried out starting from boiling boneless chicken then chicken meat is mashed along with spices and spices that have been prepared and processed by cooking in hot oil until dry and into shredded chicken.

After conducting an assessment and data analysis on 4 workers and 1 owner of the Abon Hj. Ghonyah industrial home, health problems in the form of back and hand pain, as well as the risk of burns, were obtained. This happens because the position of the worker's body is still not in accordance with the ergonomics of the body and the use of incomplete personal protective equipment. Some workers mentioned that when working, almost all employees worked in a standing position for a long time. Do not use personal protective equipment in accordance with standard usage. Seeing these conditions, it is very necessary to have knowledge about occupational safety and health for all workers. Increasing the knowledge of home industry employees about occupational safety and health can be done with health education activities.

Health education is an important part of the intervention for workers in the home industry of Shredded Chicken Hj. Ghonyah. Health education can increase workers' knowledge in carrying out risk prevention of safety and health disturbances in the workplace. To achieve safety and health in the workplace, such as sitting positions, the use of personal protective equipment, and stretching muscles, it is necessary to be supported by good knowledge and emphasize the impact that arises (Dagenais et al., 2017). The formation of healthy behavior in preventing the risk of occupational safety and health disturbances is an important part that must be considered. Therefore, these industrial home employees need to be given training on muscle stretching and ergonomic positions to improve physical and mental health (Sybromillsy et al., 2023). In addition, efforts need to be made to reduce stress in the workplace (Agustin et al., 2020)

and empowering every individual to always use personal protective equipment in carrying out their work (Dahyar, 2018). To overcome these problems, the home industry employees also need to be trained on how to stretch muscles, ergonomic positions and use personal protective equipment correctly.

Based on the problems mentioned above, in order for the employees of the Shredded Ayam Hj. Ghoniayah home industry to avoid problems of occupational safety and health problems, a joint commitment is needed between employees and their owners. This commitment is intended as an effort to reduce the number of accidents at work which will also have an impact on productivity. One of the important commitments is to improve the knowledge and skills of workers and home industry owners through training activities on work accident prevention behavior in the food home industry. The purpose of this training activity is to improve the ability of Abon Ayam Hj. Ghoniayah home industry workers in carrying out behavior to prevent occupational safety and health disturbances. With this ability, it is hoped that workers can pay attention to and maximize Occupational Safety and Health (K3) behavior as an effort to prevent work accidents. In addition, after this training activity is carried out, it is hoped that it can help improve the community's ability to recognize and know occupational safety and health problems that occur in the home industry work environment. So it is hoped that preventive behavior can be formed in the management of occupational safety and health to overcome problems that occur in the work environment.

METHOD

The first stage in the implementation of activities in the home food industry is to approach home industry owners. After obtaining permission from the owner of the home industry, an assessment is carried out to identify health problems in the home industry. One of the results of the study shows that many habits and behaviors of employees have a risk of work accidents. This is due to the low knowledge of workers about occupational health and safety, especially about ergonomic positions at work. The results of the study are discussed with home industry owners, then it is agreed on the implementation to be implemented. After agreeing on the activity plan to be implemented, the next stage is social preparation and administrative preparation. Administrative preparation begins with compiling and submitting permits for community service activities. The next stage is the implementation stage, namely carrying out training activities for work accident prevention behavior in the food industry home. The evaluation of the activity was carried out by comparing the average value of knowledge before and after the implementation of the training activity.

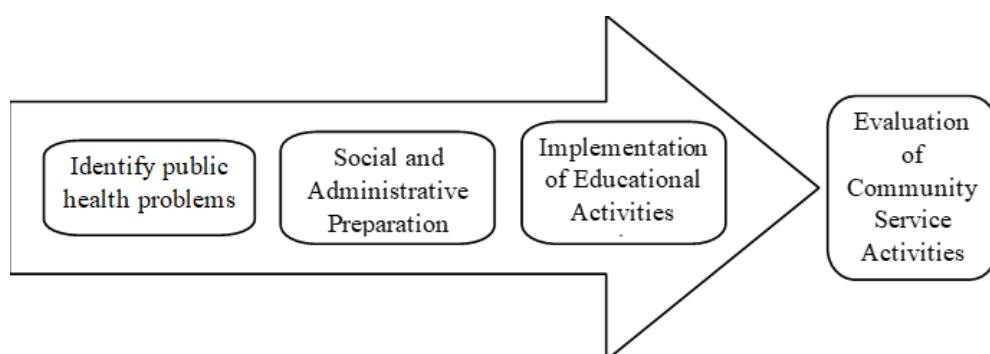


FIGURE 1. Activity Method Flow

RESULT

Work accident prevention behavior training for workers in the food processing industry was carried out for two days, on September 27 and 28, 2024, which was attended by 8 workers. The training material

consists of health counseling on ergonomic positions, the use of personal protective equipment and muscle stretching, after being given health counseling, the next is to do ergonomic position exercises at work, exercises in the use of personal protective equipment and muscle stretching exercises. Before health counseling is carried out, a pretest is carried out and after health counseling is carried out a posttest. The average performance score was 56.4 points and the average posttest score was 68.7 points. There was an increase in knowledge after the training of 14.3 points. The activity ran smoothly according to the planned time.

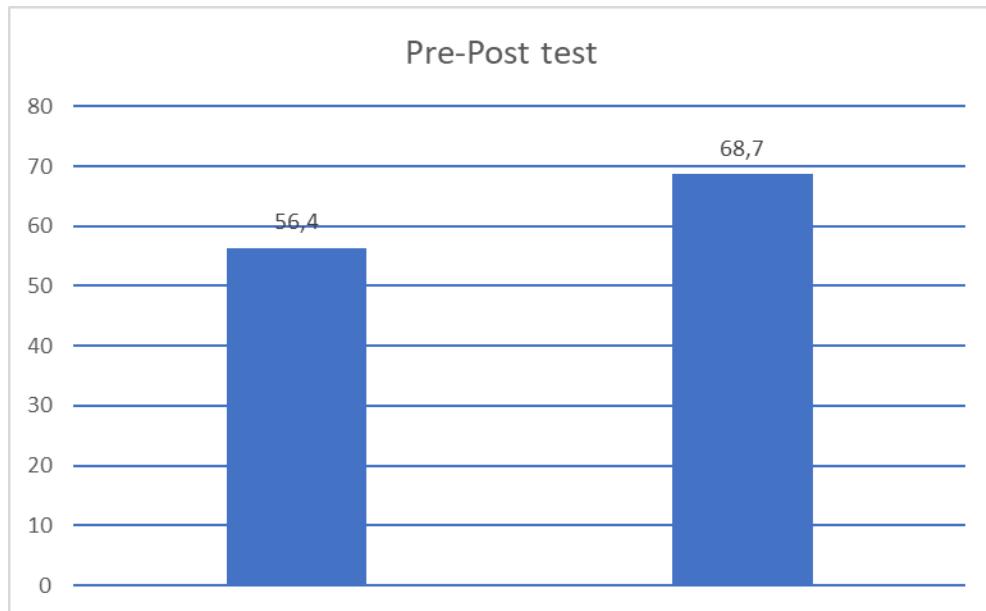


FIGURE 2. Pre-Post Test Results

DISCUSSION

Paying attention to the problems found in the home food processing industry, the work accident prevention behavior training activities that have been carried out are very appropriate efforts to be carried out. These training activities can improve workers' knowledge and behavior in preventing accidents at work. The results of this activity showed that the average value of workers' knowledge increased by 14.3 points. The average value of knowledge before health counseling was 54.4 and after it was implemented was 68.7. One of the efforts to increase this knowledge is to carry out training (Suhendar et al., 2020)

Increasing worker knowledge is a very good potential for the implementation of the Occupational Safety and Health (K3) program. The K3 program is a strategic step that aims to create a safe, healthy, and comfortable workplace for workers. The implementation of K3 aims to minimize the risk of work accidents, prevent occupational diseases, and increase employee productivity and welfare (Lumadja et al., 2024). Occupational safety includes physical, mental, and social protection for workers by maintaining a work environment that is in accordance with their physiological and psychological conditions. Research (Harmen et al., 2024) shows that a safe work environment significantly reduces worker stress levels and improves work effectiveness.

Increasing knowledge in this training is the initial condition for workers who can increase the capacity of workers in carrying out accident prevention behaviors in the workplace. These conditions will form preventive behaviors in workers in regulating body position while working, using correct personal protective equipment and stretching muscles accordingly. These results are in line with research by (Silviani et al., 2022) which suggests that on-the-job accident prevention training can increase workers'

awareness of the importance of workplace health and, ultimately, significantly increase productivity. According to (Puspitasari et al., 2023) Appropriate interventions to prevent work-related accidents are training on ergonomic positions, muscle stretching techniques, and the correct use of personal protective equipment. In this study, it has been proven that the intervention is effective in reducing back pain complaints and improving work efficiency.

This increase in knowledge will have an impact on workers' understanding in carrying out work-related accident prevention behaviors. Because with good knowledge, it is possible for workers to be more careful in their work. Work accident prevention behavior will accustom workers to always be careful in carrying out their work so that it will have an impact on productivity. According to Green's theory (Notoatmodjo, 2019) (Rosidin et al., 2022) that health behavior can be influenced by predisposing factors, enabling factors and reinforcing factors. One of the predisposing factors is knowledge or understanding of the expected health behavior.

The increase in workers' knowledge is shown by looking at the achievements of the established evaluation indicators. Overall, the results of the implementation have met the set objectives. The results of the implementation show that all workers in the home industry can practice the right ergonomic position while working, use the APD, and carry out certain muscle stretches. Then the owner of the home industry also said that it was very helpful with this activity. Home industry owners said they would always pay attention to the safety and health of workers, and the prevention of accidents to workers. The owner of the home industry also said that he would paste the poster that had been given as an effort to improve the health of workers. Thus, it is hoped that workers can evaluate accident prevention behavior while they work, by doing ergonomic positions, wearing personal protective equipment and always stretching muscles while working. Workers who always pay attention to their health and take care to maintain safety while working can increase their productivity (Cahyani, 2024).

The owner of the home industry said that after this activity ends, they will put up posters in the workspace as a reminder to maintain safety and health at work. This program shows that the success of this activity continues to be followed up by home industry owners. Worker health needs to continue to be improved by building awareness from owners and workers regarding the importance of occupational health and safety (Maliga, 2021). Every working day, home industry owners should always evaluate the health behavior of their workers, especially ergonomic positions when working, the use of personal protective equipment and always stretching the muscles (Shalahuddin et al., 2024). This behavior is an effort to prevent work accidents, both accidents that result in direct losses and work accidents that result in indirect losses (Tjahjanto & Azis, 2016).

Occupational health problems are problems that must be considered by workers and home industry owners. So that strategies in an effort to prevent work-related accidents, the role of home industry owners is very necessary. After participating in the training activities, workers must continue to be reminded to always carry out occupational safety and health programs. Training on accident prevention at work such as ergonomic behavior, muscle stretching, and the use of personal protective equipment must be carried out. This is in accordance with the expectations of the workers who conveyed their message that home industry owners and the Guntur Health Center routinely carry out training activities for occupational safety and health behavior as a whole. Seeing the expectations of these workers, it is very necessary to have coordination with related parties such as home industry owners and the Guntur Health Center to be able to carry out regular occupational safety and health program coaching.

Regular coaching is directed to primary preventive efforts such as health education activities, poster making, as well as training on ergonomic positions, muscle stretching and the use of personal protective equipment. This training aims to provide workers with adequate knowledge so that they can prevent work-related injuries or health problems. Research (Muhidin et al., 2023) revealed that workers who

understand the importance of correct body positioning are more likely to be productive and experience fewer health complaints.

Another preventive effort is in the form of ergonomics management training, where workers are taught how to carry items in the correct position so as not to strain their backs. Research (Aznam et al., 2017) shows that the application of ergonomic interventions can reduce the risk of lower back injuries by up to 50%. In addition, muscle stretching training and the use of personal protective equipment should also be carried out regularly to prevent muscle tension and self-protection during work (Prayoga et al., 2023).

CONCLUSION AND RECOMMENDATION

Community service with the theme of training on work accident prevention behavior in the food processing home industry carried out in Sukamentri Village, Garut Regency showed an increase in workers' knowledge about work accident prevention behavior by 14.3 points. The activities that have been carried out are expected to be sustainable independently by the owners of the home industry and workers with the support of the Head of the Guntur Health Center. In addition, this activity is expected to be used as a reference and additional source of information for the general public, especially workers, to strive to improve and maintain health levels in various industrial sectors.

ACKNOWLEDGMENTS

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APPENDIX



BACK EXTENSION 	NECK FORWARD 	NECK LEFT & RIGHT 	ELBOW PULLOVER 
Ulangi 3 kali, per 5 detik	Lakukan 15 detik	Ulangi 3 kali, masing-masing 5 detik	Ulangi 3 kali, masing-masing 5 detik
SHOULDER OVER 	SHOULDER ACROSS 	SHOULDER BACK 	BRIDGE STRETCH 
Masing-masing lengan 15 detik	Masing-masing lengan 15 detik	Masing-masing lengan 15 detik	Lakukan satu kali
FOREARM & WRIST 	HAMSTRING STRETCH 	CALF STRETCH 	QUAD & FLEXOR STRETCH 
Masing-masing lengan 15 detik	Masing-masing kaki 15 detik	Masing-masing kaki 15 detik	Masing-masing kaki 15 detik