

ANALISIS PENERAPAN KESELAMATAN DAN KESEHATAN KERJA (K3) PEMBANGUNAN GEDUNG BARU DI UPT RESOR JALAN REL

8.10 SIDOTOPO

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Abstrak

Penerapan Keselamatan dan Kesehatan Kerja (K3) merupakan aspek penting dalam proyek konstruksi untuk melindungi keselamatan pekerja dan meningkatkan efisiensi kerja. Meski regulasi seperti Permen PUPR No. 10 Tahun 2021 telah diterapkan di UPT Resor Jalan Rel 8.10 Sidotopo, terdapat tantangan dalam implementasinya di lapangan. Penelitian ini menggunakan pendekatan kualitatif deskriptif melalui observasi langsung dan wawancara mendalam dengan pekerja, mandor, serta petugas K3 di lokasi proyek. Analisis dilakukan dengan membandingkan kondisi lapangan terhadap standar regulasi K3 yang berlaku serta teori terkait dari literatur. Hasil menunjukkan bahwa penerapan K3 di proyek ini telah sesuai secara administratif, seperti pelaksanaan briefing harian, inspeksi rutin, dan penyediaan APD. Namun, ditemukan ketidakkonsistenan dalam penggunaan APD oleh pekerja, terutama saat kondisi kerja yang panas dan tekanan jadwal tinggi. Faktor-faktor seperti kepemimpinan, fasilitas, pelatihan, serta aspek psikososial dan budaya keselamatan turut memengaruhi tingkat kepatuhan pekerja. Diperlukan pendekatan menyeluruh melalui penguatan budaya keselamatan, pelatihan yang lebih interaktif, serta integrasi prinsip Prevention through Design untuk mengurangi risiko kerja sejak tahap perencanaan. Partisipasi aktif pekerja dan manajemen risiko yang adaptif juga menjadi kunci dalam menciptakan lingkungan kerja yang aman dan berkelanjutan.

Kata Kunci: K3 konstruksi, budaya keselamatan, APD, manajemen risiko, Prevention through Design, UPT Sidotopo.

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Abstract

The implementation of Occupational Health and Safety (OHS) is a critical component in construction projects to ensure worker safety and enhance operational efficiency. Although regulations such as the Ministry of Public Works and Public Housing Regulation No. 10 of 2021 have been applied at the UPT Resor Jalan Rel 8.10 Sidotopo construction site, challenges remain in practical implementation on the field. This study employed a descriptive qualitative approach, using direct observation and in-depth interviews with workers, foremen, and OHS officers at the project site. Data were analyzed by comparing field conditions with applicable OHS regulatory standards and relevant theoretical frameworks. Findings show that OHS implementation at this site meets formal administrative standards, including daily safety briefings, routine inspections, and provision of Personal Protective Equipment (PPE). However, inconsistencies in PPE usage were observed, especially under hot working conditions and tight project deadlines. Factors such as leadership, facility availability, training quality, psychosocial aspects, and safety culture were found to significantly influence workers' compliance. A comprehensive approach is needed through the strengthening of safety culture, more interactive and practical training, and the integration of Prevention through Design principles to mitigate risks from the early planning stages. Active worker participation and adaptive risk management are also key to creating a safe and sustainable construction environment.

Keywords: Construction OHS, safety culture, PPE, risk management, Prevention through Design, UPT Sidotopo.