A. DETAILS OF COURSE

1. Course Name: Implementation of Occupational Health and Safety

2. Course Code: KMK313

3. Credits (SKS): 2 (two) SKS

4. Semester / Term: VII (seventh)

5. Study Program: Bachelor of Public Health

6. Student Learning Achievement:
   1. Able to carry out a study and analysis of the situation
   2. Able to carry out community empowerment, especially working communities
   3. Having mastery of public health sciences, especially community workers

7. Course Learning Achievement:
   1. Define the problem correctly
   2. Combining various strategies separately interacting with people from various backgrounds
   3. Develop an all-time commitment to learning and develop strong critical thinking

8. Course Description: This course discusses 1) working climate, 2) lighting, 3) noise, 4) dust measurement, 5) pulmonary physiology, 6) audiometry, 7) blood pressure, 8) blood chemistry, 9) physical fitness, 10) burden work, and 11) Work fatigue.

9. Course Prerequisites (if any): None

10. Instructor: Dr. Noeroel Widajati, S.KM., M.Sc

11. Teaching Assistants:
   1. Mulyono, S.KM., M.Kes
   2. Dr. Y. Denny Ardyanto W, Ir., M.S
   3. Dr. Indriati Paskarini, SH., M.Kes
   4. Putri Ayuni Alayannur, S.KM., M.KKK
   5. Shintia Yunita Arini, S.KM., M.KKK

B. TEACHING PROGRAM
### Course Overview

**Course Title:** Occupational Health and Safety Practicum

**Faculty:** Faculty of Public Health

**Semester:** Odd Semester 2019/2020

**Registration Number:** 01/S1Kesmas/RPS/2019

**Prepared by:**
- Dr. Noeroel Widajati, S.KM., M.Sc

**Examined by:**
- Dr. Diah Indriani, S.Si., M.Si

**Approved by:**
- Dr. Santi Martini, dr., M.Kes

**Revision Date:** January 1st, 2019

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### Skills Expected at the End of Each Learning Phase

#### (Sub-Course Achievement)

- **C, A, P**

#### Study Materials

<table>
<thead>
<tr>
<th>Week</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Students are able to understand the scope of Occupational Health and Safety Practicum.</td>
</tr>
<tr>
<td>2</td>
<td>Students are able to explain and take measurements of lighting.</td>
</tr>
</tbody>
</table>

#### Teaching Methods

- Lectures
- Discussions
- Simulation

#### Meeting Time

- 2x50 minutes

#### Course Objectives

1. Introduction
2. Pay attention and discussion
3. Take notes and provide responses

#### Criteria and Indicator of Evaluation / Measurable Learning Outcome

- Complex and creative thinking, practice, cooperation, communication

#### Marks / Grade / Percentage (%)

- 7.14%

---

### Reference Number

- Ref. (number): 1-5
## SEMESTER LEARNING PLAN

**SLP**

**Prepared by**

(Person in Charge)

**Examined by**

(Head of Bachelor Program / Head of Department)

**Approved by**

Vice Dean I

**Document Registration Number**

01/S1Kesmas/RPS/2019

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**Faculty of Public Health**

**Revision - Date**

January 1st, 2019

**Valid on**

Semester (odd/even) / Academic Year

Odd Semester 2019/2020

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- Evaluation of this document is needed every year

### Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)

<table>
<thead>
<tr>
<th>Week</th>
<th>Study Materials</th>
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<th>Additional Materials for Learning</th>
<th>Meeting Time</th>
<th>Course Objectives</th>
<th>Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard and soft skills)</th>
<th>Mark / Grade / Percentage (%)</th>
<th>Reference Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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</tr>
<tr>
<td>3</td>
<td>Students are able to explain and take measurements of dust checks</td>
<td>General description of dust measurements. 1. Basic principles of dust 2. Procedure for measuring dust 3. Legal basis of dust measurement 4. Follow up on the results of the dust measurement</td>
<td>Lectures Discussions Simulation</td>
<td>LCD Teaching material handout</td>
<td>2x50 minutes</td>
<td>1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses</td>
<td>Complex and creative thinking, practice, cooperation, communication</td>
<td>7.14%</td>
</tr>
</tbody>
</table>

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### Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)

#### C  Students are able to explain and take measurements of dust checks

- General description of dust measurements.
  1. Basic principles of dust
  2. Procedure for measuring dust
  3. Legal basis of dust measurement
  4. Follow up on the results of the dust measurement

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<td>Lectures Discussions Simulation</td>
<td>LCD Teaching material handout</td>
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<td>1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses</td>
<td>Complex and creative thinking, practice, cooperation, communication</td>
<td>7,14%</td>
</tr>
<tr>
<td>4</td>
<td>Students are able to explain and measure workload</td>
<td>General description of workload measurement. 1. Basic principles of workload 2. Procedures for measuring workload</td>
<td>Lectures Discussions Simulation</td>
<td>LCD Teaching material handout</td>
<td>2x50 minutes</td>
<td>1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses</td>
<td>Complex and creative thinking, practice, cooperation, communication</td>
<td>7,14%</td>
</tr>
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### SEMESTER LEARNING PLAN

**SLP**

**Prepared by:** [Person in Charge]

**Examined by:** (Head of Bachelor Program / Head of Department)

**Approved by:** Vice Dean I

**Registration Number:** 01/S1Kesmas/RPS/2019

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**Revise Date:** January 1st, 2019

**Faculty of Public Health**

**Valid on Semester (odd/even) / Academic Year:** Odd Semester 2019/2020

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<tr>
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<th>Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)</th>
<th>Study Materials</th>
<th>Teaching Methods</th>
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<th>Course Objectives</th>
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<th>Mark / Grade / Percentage (%)</th>
<th>Reference Number Ref. (number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>3. Legal basis of workload 4. Follow up on the results of workload measurement</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2</td>
<td>3. Legal basis of workload 4. Follow up on the results of workload measurement</td>
<td></td>
<td></td>
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<td>3</td>
<td>3. Legal basis of workload 4. Follow up on the results of workload measurement</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4</td>
<td>3. Legal basis of workload 4. Follow up on the results of workload measurement</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5</td>
<td>Students are able to explain and take audiometric measurements</td>
<td></td>
<td>Lectures</td>
<td>Lectures Discussion Simulation</td>
<td>2x50 minutes</td>
<td>1. Introduction 1. Introduction and discussion 3. Take notes and provide responses</td>
<td>Complex and creative thinking, practice, cooperation, communication</td>
<td>7.14%</td>
<td>1-5</td>
</tr>
</tbody>
</table>
**Skills expected at the end of each learning phase (Sub-Course Achievement)**

<table>
<thead>
<tr>
<th>Week</th>
<th>Study Materials</th>
<th>Teaching Methods</th>
<th>Additional Materials for Learning</th>
<th>Meeting Time</th>
<th>Course Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Students are able to explain and take measurements of lung physiology</td>
<td>Lectures, Discussions, Simulation</td>
<td>LCD Teaching material handout</td>
<td>2x50 minutes</td>
<td>1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses</td>
</tr>
</tbody>
</table>

**Course Objectives**

- Complex and creative thinking, practice, cooperation, communication

**Criteria and Indicator of Evaluation / Measurable Learning Outcome (hard and soft skills)**

<table>
<thead>
<tr>
<th>Mark / Grade / Percentage (%)</th>
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</tr>
</thead>
<tbody>
<tr>
<td>7.14%</td>
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**Course Notes**

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</thead>
<tbody>
<tr>
<td>7</td>
<td>Students are able to explain and measure blood chemistry</td>
<td>General description of blood chemistry measurements. 1. Basic principles of blood chemistry 2. The procedure for measuring blood chemistry 3. The legal basis of blood chemistry 4. Follow up on the results of blood chemistry measurements</td>
<td>Lectures Discussions Simulation</td>
<td>LCD Teaching material handout</td>
<td>2×50 minutes</td>
<td>1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses</td>
<td>Complex and creative thinking, practice, cooperation, communication</td>
<td>7.14%</td>
<td>1-5</td>
</tr>
<tr>
<td>8</td>
<td>Students are able to explain and measure physical fitness index (IKJ)</td>
<td>General description of IKJ measurement. 1. Basic principles of IKJ</td>
<td>Lectures Discussions Simulation</td>
<td>LCD Teaching material handout</td>
<td>2×50 minutes</td>
<td>1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses</td>
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</tr>
</tbody>
</table>
| 1    | 2. Procedure for measuring IKJ  
3. The legal basis of the IKJ  
4. Follow up on the results of the IKJ measurement |                |                |                                 |              |                  |                                                                                |                             |                          |
| 9    | Students are able to explain and measure physical fitness index (IKJ) | General description of IKJ measurement.  
1. Basic principles of IKJ  
2. Procedure for measuring IKJ  
3. The legal basis of the IKJ  
4. Follow up on the results of the IKJ measurement | Lectures Discussions Simulation | Lectures Teaching material handout | 2x50 minutes | 1. Introduction  
2. Pay attention and discussion  
3. Take notes and provide responses | Complex and creative thinking, practice, cooperation, communication | 7.14% | 1-5 |

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</table>
| 10   | Students are able to explain and measure work fatigue            | General description of work fatigue measurement.  
1. The basic principle of work fatigue  
2. Procedures for measuring work fatigue  
3. The legal basis of work fatigue  
4. Follow up on the results of work fatigue measurement | Lectures Discussions Simulation | LCD Teaching material handout | 2x50 minutes | 1. Introduction  
2. Pay attention and discussion  
3. Take notes and provide responses | Complex and creative thinking, practice, cooperation, communication | 7.14% | 1-5 |
| 11   | Students are able to explain and take blood pressure measurements | General description of blood pressure measurement.  
1. Basic principles of blood pressure | Lectures Discussions Simulation | LCD Teaching material handout | 2x50 minutes | 1. Introduction  
2. Pay attention and discussion  
3. Take notes and provide responses | Complex and creative thinking, practice, cooperation, communication | 7.14% | 1-5 |

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**Faculty of Public Health**  
Valid on Semester (odd/even) / Academic Year: Odd Semester 2019/2020

**Revision - Date**: January 1st, 2019

**Prepared by**: Dr. Noeroel Widajati, S.KM., M.Sc

**Examined by**: Dr. Diah Indriani, S.Si., M.Si

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**Document Registration Number**: 01/S1Kesmas/RPS/2019
### SEMESTER LEARNING PLAN

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<tbody>
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<tr>
<td>1</td>
<td>2. The procedure for measuring blood pressure</td>
<td>3. The legal basis of blood pressure</td>
<td>4. Follow up on the results of blood pressure measurement</td>
<td></td>
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</tr>
<tr>
<td>12</td>
<td>Students are able to explain and make noise measurements</td>
<td>General description of noise measurements. 1. The basic principle of noise 2. Procedure for measuring noise 3. The legal basis for noise</td>
<td>Lectures Discussions Simulation</td>
<td>LCD Teaching material handout</td>
<td>2x50 minutes</td>
<td>1. Introduction 2. Pay attention and discussion 3. Take notes and provide responses</td>
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**Note:**
- Each week's meeting time is 2x50 minutes.
- Evaluation criteria include hard and soft skills.
- Reference number 1-5 indicates specific references or materials.
### SEMESTER LEARNING PLAN

**SLP**

- **Prepared by:** (Person in Charge)
- **Examined by:** (Head of Bachelor Program / Head of Department)
- **Approved by:** Vice Dean I

**Revision Date:** January 1st, 2019

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<tr>
<td>1</td>
<td>4. Follow up on the results of noise measurements</td>
<td></td>
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<tr>
<td>13</td>
<td>Students are able to explain and measure work climate</td>
<td>General description of work climate measurements. 1. Basic principles of work climate 2. Procedure for measuring work climate 3. The legal basis for the work climate 4. Follow up on the work climate measurement results</td>
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</table>

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### C. REQUIRED TEXTS / REFERENCES / ESSENTIAL READINGS

3. Ergonomi, IB Manuaba, 2005
5. Treshold Limit Values for Chemical Substances and Physical Agents & Biological Exposure Indices, ACGIH 2019