

LAMPIRAN

Lampiran 1 Data Karyawan Pembahanan

No.	Nama	Jabatan	Usia
1	Bambang Sukirmanto	Kepala bagian	49
2	Sriah	Admin	35
3	Supriyadi	Kepala Regu Teknisi	39
4	Dinnu Dwi Cahyono	Op. Table Saw	27
5	Ahmad Jupri	Op. Cut Of Saw	31
6	Sigit Mardiyanto	Op. Cut Of Saw	29
7	Arif Saifuddin	Op. Cut Of Saw	37
8	Kardiyono	Op. Cut Of Saw	38
9	Ahmad Toha	Op. Cut Of Saw	51
10	Ahmad Sahmul Fuad	Teknisi	34
11	Dhevid Andika	Op. Rip Saw	26
12	Sutrisno	Op. Rip Saw	29
13	Muammar	Op. Rip Saw	35
14	Sahal Makfud	Op. Rip Saw	26
15	Aviv Joko Ardiyanto	Op. Forklip & Celup Obat	25
16	Muhammad Rozak	Op. Celup Obat	40
17	Pursidi	Kepala Regu Laminating	50
18	Hasan Husaeiri	Teknisi	47
19	Ngatemi	Op. Pilih Warna	48
20	Abdul Karim	Op. Laminating	54
21	A. Khoiruniam	Op. Roll Lem	26
22	Riki Chairun Jaza	Op. Laminating	27
23	Joko Purwoedi	Op. Roll Lem	27
24	Darmawan	Op. Band Saw	42
25	Juandi Herdiana	Op. Band Saw	50
26	Suhadi	Op. Band Saw	42
27	Kabul Setiawan	Op. Pilih Warna	26
28	Warniti	Op. Roll Lem	48
29	M. Thoriq Khomsin	Op. Laminating	32
30	Muhamad Lukman	Op. Band Saw	30
31	Supriyono	Kepala Regu Finger Join	42
32	Edris Supriyadi	Teknisi	35
33	Erna Setyowati	Pencatatan	39
34	Ari Setyawan	Op. Double Planner Mini	22
35	Sri Mulus	Op. Finger Shaper	42
36	Susanti	Op. Finger Shaper	36
37	Nur Khasanah	Op. Cut Of Saw	43

No.	Nama	Jabatan	Usia
38	Fatimatuz Zahro	Op. Finger Shaper	34
39	Nursan Pradoko	Op. Double Planner	29
40	A. Arifurrohman	Op. Rip Saw	23
41	Erik Sugiyanto	Op. Rip Saw	35
42	Nur Mufit	Op. Laminating	24
43	M. Ricky Adi S.	Op. Laminating	23
44	Ely Sudarmaji	Op. Rip Saw	24
45	Muhammad Muafi	Op. Rip Saw	22
46	Ari Sugiarto	Op. Assembling	23
47	Ari Pradika	Op. Double Planner Mini	23
48	Aminudin Zuhri	Op. Cut Of Saw	25
49	Ahmad Zulfais	Op. Rip Saw	26
50	Dhavid Arya S	Op. Double Planner	19
51	Agus Supriyanto	Op. Table Saw	27
52	A Afandi	Op. Double Planner	46
53	Fitriyaningsih	Op. Table Saw	41

Lampiran 2 Data Denyut Nadi Pekerja Sebelum Kerja Sebelum Usulan

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Dhavid Arya S	Op. Double Planner	19	L	71	72	83	75	201
2	Ari Setyawan	Op. Double Planner Mini	22	L	85	81	83	83	198
3	Muhammad Muafi	Op. Rip Saw	22	L	86	74	73	78	198
4	A. Arifurrohman	Op. Rip Saw	23	L	65	78	79	74	197
5	M. Ricky Adi S.	Op. Laminating	23	L	66	81	64	70	197
6	Ari Sugiarto	Op. Assembling	23	L	86	80	89	85	197
7	Ari Pradika	Op. Double Planner Mini	23	L	75	64	64	67	197
8	Nur Mufit	Op. Laminating	24	L	61	74	64	66	196
9	Ely Sudarmaji	Op. Rip Saw	24	L	76	78	74	76	196
10	Aviv Joko Ardiyanto	Op. Forklip & Celup Obat	25	L	88	77	65	77	195
11	Aminudin Zuhri	Op. Cut Of Saw	25	L	63	75	74	71	195
12	Dhevid Andika	Op. Rip Saw	26	L	89	79	65	78	194
13	Sahal Makfud	Op. Rip Saw	26	L	90	60	76	75	194
14	A. Khoiruniam	Op. Roll Lem	26	L	78	62	77	72	194
15	Kabul Setiawan	Op. Pilih Warna	26	L	78	61	70	70	194
16	Ahmad Zulfais	Op. Rip Saw	26	L	67	83	82	77	194
17	Dinnu Dwi Cahyono	Op. Table Saw	27	L	61	79	75	72	193
18	Riki Chairun Jaza	Op. Laminating	27	L	79	86	78	81	193
19	Joko Purwoedi	Op. Roll Lem	27	L	73	89	82	81	193
20	Agus Supriyanto	Op. Table Saw	27	L	89	72	75	79	193
			25		76	75	75	75	195

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Sigit Mardiyanto	Op. Cut Of Saw	29	L	70	62	77	70	191
2	Sutrisno	Op. Rip Saw	29	L	63	81	78	74	191
3	Nursan Pradoko	Op. Double Planner	29	L	73	76	80	76	191
4	Muhamad Lukman	Op. Band Saw	30	L	74	70	65	69	190
5	Ahmad Jupri	Op. Cut Of Saw	31	L	80	71	68	73	189
6	M. Thoriq Khomsin	Op. Laminating	32	L	79	85	62	76	188
7	Ahmad Sahmul Fuad	Teknisi	34	L	88	88	68	82	186
8	Fatimatuz Zahro	Op. Finger Shaper	34	P	80	69	79	76	166
9	Sriah	Admin	35	P	61	76	86	74	165
10	Muammar	Op. Rip Saw	35	L	62	81	90	78	185
11	Edris Supriyadi	Teknisi	35	L	62	61	75	66	185
12	Erik Sugiyanto	Op. Rip Saw	35	L	82	64	68	71	185
13	Susanti	Op. Finger Shaper	36	P	67	67	77	70	164
14	Arif Saifuddin	Op. Cut Of Saw	37	L	67	60	82	70	183
15	Kardiyono	Op. Cut Of Saw	38	L	87	86	72	81	182
			33,27		73	73	75	74	183

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Supriyadi	Kepala Regu Teknisi	39	L	72	67	62	67	181
2	Erna Setyowati	Pencatatan	39	P	71	76	77	75	161
3	Muhammad Rozak	Op. Celup Obat	40	L	70	87	77	78	180

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
4	Fitriyaningsih	Op. Table Saw	41	P	68	85	89	81	159
5	Darmawan	Op. Band Saw	42	L	65	64	83	71	178
6	Suhadi	Op. Band Saw	42	L	68	60	68	65	178
7	Supriyono	Kepala Regu Finger Join	42	L	69	84	74	76	178
8	Sri Mulus	Op. Finger Shaper	42	P	89	75	65	76	158
9	Nur Khasanah	Op. Cut Of Saw	43	P	65	87	69	74	157
10	A Afandi	Op. Double Planner	46	L	73	68	66	69	174
11	Hasan Husaeiri	Teknisi	47	L	81	78	66	75	173
12	Ngatemi	Op. Pilih Warna	48	P	76	62	69	69	152
13	Warniti	Op. Roll Lem	48	P	81	68	61	70	152
			43,00		73	74	71	73	168

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Bambang Sukirmanto	Kepala bagian	49	L	78	90	88	85	171
2	Pursidi	Kepala Regu Laminating	50	L	82	61	82	75	170
3	Juandi Herdiana	Op. Band Saw	50	L	74	85	60	73	170
4	Ahmad Toha	Op. Cut Of Saw	51	L	87	69	82	79	169
5	Abdul Karim	Op. Laminating	54	L	83	71	81	78	166
			51		81	75	79	78	169

Lampiran 3 Data Denyut Nadi Pekerja Saat Kerja Sebelum Usulan

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Dhavid Arya S	Op. Double Planner	19	L	86	88	100	91	201
2	Ari Setyawan	Op. Double Planner Mini	22	L	100	97	100	99	198
3	Muhammad Muafi	Op. Rip Saw	22	L	110	120	112	114	198
4	A. Arifurrohman	Op. Rip Saw	23	L	112	110	113	112	197
5	M. Ricky Adi S.	Op. Laminating	23	L	81	97	81	86	197
6	Ari Sugiarto	Op. Assembling	23	L	101	96	106	101	197
7	Ari Pradika	Op. Double Planner Mini	23	L	90	80	81	83	197
8	Nur Mufit	Op. Laminating	24	L	76	90	81	82	196
9	Ely Sudarmaji	Op. Rip Saw	24	L	115	111	110	112	196
10	Aviv Joko Ardiyanto	Op. Forklip & Celup Obat	25	L	103	93	82	93	195
11	Aminudin Zuhri	Op. Cut Of Saw	25	L	78	91	91	87	195
12	Dhevid Andika	Op. Rip Saw	26	L	110	116	114	113	194
13	Sahal Makfud	Op. Rip Saw	26	L	108	113	115	112	194
14	A. Khoiruniam	Op. Roll Lem	26	L	93	78	94	88	194
15	Kabul Setiawan	Op. Pilih Warna	26	L	93	77	87	86	194
16	Ahmad Zulfais	Op. Rip Saw	26	L	113	110	116	113	194
17	Dinnu Dwi Cahyono	Op. Table Saw	27	L	76	95	92	88	193
18	Riki Chairun Jaza	Op. Laminating	27	L	94	102	95	97	193
19	Joko Purwoedi	Op. Roll Lem	27	L	88	105	99	97	193
20	Agus Supriyanto	Op. Table Saw	27	L	104	88	92	95	193
			25		97	98	98	97	195

No	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Sigit Mardiyanto	Op. Cut Of Saw	29	L	85	78	94	86	191
2	Sutrisno	Op. Rip Saw	29	L	113	114	110	112	191
3	Nursan Pradoko	Op. Double Planner	29	L	88	92	97	92	191
4	Muhamad Lukman	Op. Band Saw	30	L	109	110	111	110	190
5	Ahmad Jupri	Op. Cut Of Saw	31	L	95	87	85	89	189
6	M. Thoriq Khomsin	Op. Laminating	32	L	94	101	79	92	188
7	Ahmad Sahmul Fuad	Teknisi	34	L	103	104	85	98	186
8	Fatimatuz Zahro	Op. Finger Shaper	34	P	95	85	96	92	166
9	Sriah	Admin	35	P	76	92	88	85	165
10	Muammar	Op. Rip Saw	35	L	112	115	114	114	185
11	Edris Supriyadi	Teknisi	35	L	77	77	92	82	185
12	Erik Sugiyanto	Op. Rip Saw	35	L	112	111	109	111	185
13	Susanti	Op. Finger Shaper	36	P	82	83	94	86	164
14	Arif Saifuddin	Op. Cut Of Saw	37	L	82	76	99	86	183
15	Kardiyono	Op. Cut Of Saw	38	L	102	102	89	97	182
			33		95	95	96	95	183

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Supriyadi	Kepala Regu Teknisi	39	L	87	83	79	83	181
2	Erna Setyowati	Pencatatan	39	P	86	92	94	91	161
3	Muhammad Rozak	Op. Celup Obat	40	L	85	103	94	94	180
4	Fitriyaningsih	Op. Table Saw	41	P	83	101	106	97	159
5	Darmawan	Op. Band Saw	42	L	109	110	107	109	178
6	Suhadi	Op. Band Saw	42	L	105	108	106	106	178
7	Supriyono	Kepala Regu Finger Join	42	L	84	100	91	92	178
8	Sri Mulus	Op. Finger Shaper	42	P	104	91	82	92	158
9	Nur Khasanah	Op. Cut Of Saw	43	P	80	103	86	90	157
10	A Afandi	Op. Double Planner	46	L	88	84	83	85	174
11	Hasan Husaeiri	Teknisi	47	L	96	94	83	91	173
12	Ngatemi	Op. Pilih Warna	48	P	91	78	86	85	152
13	Warniti	Op. Roll Lem	48	P	96	84	78	86	152
			43,00		92	95	90	92	168

No.	Nama	Jabatan	Usia	Jenis Kelamin	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	DNSK Rata-rata	DNM/ Menit
1	Bambang Sukirmanto	Kepala bagian	49	L	89	101	99	96	171
2	Pursidi	Kepala Regu Laminating	50	L	97	77	99	91	170
3	Juandi Herdiana	Op. Band Saw	50	L	111	110	112	111	170
4	Ahmad Toha	Op. Cut Of Saw	51	L	102	85	99	95	169
5	Abdul Karim	Op. Laminating	54	L	98	87	98	94	166

Lampiran 4 Perhitungan Persentase Cardiovascular Load Berdasarkan Usia

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Dhavid Arya S	Op. Double Planner	19	L	12,73%
2	Ari Setyawan	Op. Double Planner Mini	22	L	13,91%
3	Muhammad Muafi	Op. Rip Saw	22	L	30,22%
4	A. Arifurrohman	Op. Rip Saw	23	L	30,54%
5	M. Ricky Adi S.	Op. Laminating	23	L	12,62%
6	Ari Sugiarto	Op. Assembling	23	L	14,29%
7	Ari Pradika	Op. Double Planner Mini	23	L	12,35%
8	Nur Mufit	Op. Laminating	24	L	12,34%
9	Ely Sudarmaji	Op. Rip Saw	24	L	30,15%
10	Aviv Joko Ardiyanto	Op. Forklip & Celup Obat	25	L	13,51%
11	Aminudin Zuhri	Op. Cut Of Saw	25	L	12,87%
12	Dhevid Andika	Op. Rip Saw	26	L	30,74%
13	Sahal Makfud	Op. Rip Saw	26	L	30,83%
14	A. Khoiruniam	Op. Roll Lem	26	L	13,14%
15	Kabul Setiawan	Op. Pilih Warna	26	L	12,87%
16	Ahmad Zulfais	Op. Rip Saw	26	L	30,65%
17	Dinnu Dwi Cahyono	Op. Table Saw	27	L	13,20%
18	Riki Chairun Jaza	Op. Laminating	27	L	14,30%
19	Joko Purwoedi	Op. Roll Lem	27	L	14,31%
20	Agus Supriyanto	Op. Table Saw	27	L	13,97%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Sigit Mardiyanto	Op. Cut Of Saw	29	L	13,19%
2	Sutrisno	Op. Rip Saw	29	L	32,77%
3	Nursan Pradoko	Op. Double Planner	29	L	13,94%
4	Muhamad Lukman	Op. Band Saw	30	L	33,72%
5	Ahmad Jupri	Op. Cut Of Saw	31	L	13,81%
6	M. Thoriq Khomsin	Op. Laminating	32	L	14,23%
7	Ahmad Sahmul Fuad	Teknisi	34	L	15,32%
8	Fatimatuz Zahro	Op. Finger Shaper	34	P	17,75%
9	Sriah	Admin	35	P	11,99%
10	Muammar	Op. Rip Saw	35	L	33,52%
11	Edris Supriyadi	Teknisi	35	L	13,41%
12	Erik Sugiyanto	Op. Rip Saw	35	L	34,64%
13	Susanti	Op. Finger Shaper	36	P	17,08%
14	Arif Saifuddin	Op. Cut Of Saw	37	L	14,11%
15	Kardiyono	Op. Cut Of Saw	38	L	15,92%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Supriyadi	Kepala Regu Teknisi	39	L	14,03%
2	Erna Setyowati	Pencatatan	39	P	18,58%
3	Muhammad Rozak	Op. Celup Obat	40	L	15,68%
4	Fitriyaningsih	Op. Table Saw	41	P	20,39%
5	Darmawan	Op. Band Saw	42	L	35,36%
6	Suhadi	Op. Band Saw	42	L	36,40%
7	Supriyono	Kepala Regu Finger Join	42	L	15,67%
8	Sri Mulus	Op. Finger Shaper	42	P	19,55%
9	Nur Khasanah	Op. Cut Of Saw	43	P	19,24%
10	A Afandi	Op. Double Planner	46	L	15,23%
11	Hasan Husaeiri	Teknisi	47	L	16,32%
12	Ngatemi	Op. Pilih Warna	48	P	19,33%
13	Warniti	Op. Roll Lem	48	P	19,48%
Rata-rata					20,40%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Bambang Sukirmanto	Kepala bagian	49	L	12,83%
2	Pursidi	Kepala Regu Laminating	50	L	16,88%
3	Juandi Herdiana	Op. Band Saw	50	L	39,06%
4	Ahmad Toha	Op. Cut Of Saw	51	L	17,82%
5	Abdul Karim	Op. Laminating	54	L	18,20%
Rata-rata					20,96%

Lampiran 5 Perhitungan Persentase Cardiovascular Load Berdasarkan Posisi

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Muhammad Muafi	Op. Rip Saw	22	L	30,22%
2	A. Arifurrohman	Op. Rip Saw	23	L	30,54%
3	Ely Sudarmaji	Op. Rip Saw	24	L	30,48%
4	Dhevid Andika	Op. Rip Saw	26	L	30,74%
5	Sahal Makfud	Op. Rip Saw	26	L	30,83%
6	Ahmad Zulfais	Op. Rip Saw	26	L	30,65%
7	Sutrisno	Op. Rip Saw	29	L	32,77%
8	Erik Sugiyanto	Op. Rip Saw	35	L	34,64%
9	Darmawan	Op. Band Saw	42	L	35,36%
Rata-rata					31,80%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Muhamad Lukman	Op. Band Saw	30	L	33,72%
2	Darmawan	Op. Band Saw	42	L	35,36%
3	Suhadi	Op. Band Saw	42	L	36,40%
4	Juandi Herdiana	Op. Band Saw	50	L	39,06%
Rata-rata					36,13%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Bambang Sukirmanto	Kepala bagian	49	L	12,83%
2	Sriah	Admin	35	P	11,99%
3	Erna Setyowati	Pencatatan	39	P	18,58%
Rata-rata					14,47%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Supriyadi	Kepala Regu Teknisi	39	L	14,03%
2	Ahmad Sahmul Fuad	Teknisi	34	L	15,32%
3	Hasan Husaeiri	Teknisi	47	L	16,32%
4	Edris Supriyadi	Teknisi	35	L	13,41%
Rata-rata					14,77%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Ari Sugiarto	Op. Assembling	23	L	14,29%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Ahmad Jupri	Op. Cut Of Saw	31	L	13,81%
2	Sigit Mardiyanto	Op. Cut Of Saw	29	L	13,19%
3	Arif Saifuddin	Op. Cut Of Saw	37	L	14,11%
4	Kardiyono	Op. Cut Of Saw	38	L	15,92%
5	Ahmad Toha	Op. Cut Of Saw	51	L	17,82%
6	Nur Khasanah	Op. Cut Of Saw	43	P	19,24%
7	Aminudin Zuhri	Op. Cut Of Saw	25	L	12,87%
Rata-rata					15,28%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Dinnu Dwi Cahyono	Op. Table Saw	27	L	13,20%
2	Agus Supriyanto	Op. Table Saw	27	L	13,97%
3	Fitriyaningsih	Op. Table Saw	41	P	20,39%
Rata-rata					15,85%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Pursidi	Kepala Regu Laminating	50	L	16,88%
2	Abdul Karim	Op. Laminating	54	L	18,20%
3	Riki Chairun Jaza	Op. Laminating	27	L	14,30%
4	M. Thoriq Khomsin	Op. Laminating	32	L	14,23%
5	Nur Mufit	Op. Laminating	24	L	12,34%
6	M. Ricky Adi S.	Op. Laminating	23	L	12,62%
7	A. Khoiruniam	Op. Roll Lem	26	L	13,14%
8	Joko Purwoedi	Op. Roll Lem	27	L	14,31%
9	Warniti	Op. Roll Lem	48	P	19,48%
Rata-rata					15,05%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Supriyono	Kepala Regu Finger Join	42	L	15,67%
2	Sri Mulus	Op. Finger Shaper	42	P	19,55%
3	Susanti	Op. Finger Shaper	36	P	17,08%
4	Fatimatuz Zahro	Op. Finger Shaper	34	P	17,75%
Rata-rata					17,51%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Aviv Joko Ardiyanto	Op. Forklip & Celup Obat	25	L	13,51%
2	Muhammad Rozak	Op. Celup Obat	40	L	15,68%
3	Kabul Setiawan	Op. Pilih Warna	26	L	12,87%
4	Ngatemi	Op. Pilih Warna	48	P	19,33%
Rata-rata					15,35%

No.	Nama	Jabatan	Usia	Jenis Kelamin	% CVL
1	Ari Setyawan	Op. Double Planner Mini	22	L	13,91%
2	Nursan Pradoko	Op. Double Planner	29	L	13,94%
3	Ari Pradika	Op. Double Planner Mini	23	L	12,35%
4	Dhavid Arya S	Op. Double Planner	19	L	12,73%
5	A Afandi	Op. Double Planner	46	L	15,23%
Rata-rata					13,63%

Lampiran 6 Data Denyut Nadi Pekerja Sebelum Kerja Setelah Usulan

No.	Nama	Jabatan	Usia	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	Rata-rata DNSK (Menit)	DNM
1	Muhammad Muafi	Op. Rip Saw	22	88	106	110	78	198
2	A. Arifurrohman	Op. Rip Saw	23	101	98	96	74	197
3	Ely Sudarmaji	Op. Rip Saw	24	102	99	106	76	196
4	Dhevid Andika	Op. Rip Saw	26	83	97	100	78	194
5	Sahal Makfud	Op. Rip Saw	26	80	100	91	75	194
6	Ahmad Zulfais	Op. Rip Saw	26	103	93	95	77	194
7	Sutrisno	Op. Rip Saw	29	101	95	102	74	191
8	Muhamad Lukman	Op. Band Saw	30	102	100	103	69	190
9	Muammar	Op. Rip Saw	35	100	95	83	78	185
10	Erik Sugiyanto	Op. Rip Saw	35	92	98	104	71	185
11	Darmawan	Op. Band Saw	42	105	96	100	71	178
12	Suhadi	Op. Band Saw	42	96	98	95	65	178
13	Juandi Herdiana	Op. Band Saw	50	98	85	99	73	170
Rata-rata							74	188

Lampiran 7 Data Denyut Nadi Pekerja Saat Kerja Setelah Usulan

No.	Nama	Jabatan	Usia	DNSK 1 (Menit)	DNSK 2 (Menit)	DNSK 3 (Menit)	Rata-rata DNSK (Menit)	DNM
1	Muhammad Muafi	Op. Rip Saw	22	88	106	110	101	198
2	A. Arifurrohman	Op. Rip Saw	23	101	98	96	98	197
3	Ely Sudarmaji	Op. Rip Saw	24	102	99	106	102	196
4	Dhevid Andika	Op. Rip Saw	26	83	97	100	94	194
5	Sahal Makfud	Op. Rip Saw	26	80	100	91	90	194
6	Ahmad Zulfais	Op. Rip Saw	26	103	93	95	97	194
7	Sutrisno	Op. Rip Saw	29	101	95	102	99	191
8	Muhamad Lukman	Op. Band Saw	30	102	100	103	102	190
9	Muammar	Op. Rip Saw	35	100	95	83	93	185
10	Erik Sugiyanto	Op. Rip Saw	35	92	98	104	98	185
11	Darmawan	Op. Band Saw	42	105	96	100	100	178
12	Suhadi	Op. Band Saw	42	96	98	95	96	178
13	Juandi Herdiana	Op. Band Saw	50	98	85	99	94	170
Rata-rata							97	188

Lampiran 8 Perhitungan Persentase Cardiovascular Load setelah usulan

No.	Nama	Jabatan	Usia	Jenis Kelamin	%CVL
1	Muhammad Muafi	Op. Rip Saw	22	L	19,48%
2	A. Arifurrohman	Op. Rip Saw	23	L	19,76%
3	Ely Sudarmaji	Op. Rip Saw	24	L	21,97%
4	Dhevid Andika	Op. Rip Saw	26	L	13,73%
5	Sahal Makfud	Op. Rip Saw	26	L	12,50%
6	Ahmad Zulfais	Op. Rip Saw	26	L	16,88%
7	Sutrisno	Op. Rip Saw	29	L	21,62%
8	Muhamad Lukman	Op. Band Saw	30	L	26,75%
9	Muammar	Op. Rip Saw	35	L	13,95%
10	Erik Sugiyanto	Op. Rip Saw	35	L	23,43%
11	Darmawan	Op. Band Saw	42	L	27,59%
12	Suhadi	Op. Band Saw	42	L	27,52%
13	Juandi Herdiana	Op. Band Saw	50	L	21,32%