

**PUBLIC HEALTH STUDY PROGRAM
FACULTY OF HEALTH
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Optimalisasi 5R untuk Mencegah Resiko K3 di Laboratorium Fakultas Kedokteran
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Abstrak

Latar belakang: Masih adanya tantangan dalam penerapan 5R di lingkungan akademik, seperti kurangnya kesadaran, keterbatasan sumber daya, dan sistem monitoring yang kurang konsisten. Penerapan 5R diharapkan dapat meningkatkan keamanan, kesehatan, dan efisiensi kerja bagi seluruh civitas akademika.

Tujuan: Mampu mengoptimalisasi penerapan 5R untuk mencegah resiko Kesehatan dan keselamatan kerja (K3) di tempat kerja dengan menyiapkan strategi dan perencanaan impenetasi 5R, penerapan dan pelaksanaan 5R, dan monitoring dan evaluasi 5R di laboratorium

Hasil dan Kesimpulan: staf laboratorium telah membuat strategi dan perencanaan. Penerapan 5R di laboratorium mencakup penempelan tanda bahaya, penyediaan kotak P3K dan APAR, serta pemilahan barang berbahaya. Monitoring dan evaluasi dilakukan melalui pengecekan berkala, analisis data checklist, dan pertemuan rutin untuk membahas hasil evaluasi. Berdasarkan temuan tersebut, dokumen menyimpulkan bahwa implementasi 5R telah berjalan dengan baik. Beberapa saran untuk perbaikan berkelanjutan juga diberikan, termasuk pelatihan berkala, dukungan dari pimpinan, dan pembentukan budaya K3 bagi seluruh civitas

Kata Kunci: perencanaan, penerapan, evaluasi, 5R

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Optimalization of 5R to Prevent OSH Risks in the Laboratory of the Faculty of Medicine,
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Abstract

Background: There are still challenges in the implementation of 5R in the academic environment, such as a lack of awareness, limited resources, and inconsistent monitoring systems. The implementation of 5R is expected to improve the safety, health, and work efficiency of the entire academic community.

Objectives: To be able to optimize the implementation of 5R to prevent Occupational Safety and Health (OSH) risks in the workplace by preparing strategies and planning for 5R implementation, 5R application and execution, and 5R monitoring and evaluation in the laboratory.

Results and Conclusion: The laboratory staff has created strategies and plans. The implementation of 5R in the laboratory includes the placement of danger signs, the provision of first aid kits and fire extinguishers, and the sorting of hazardous materials. Monitoring and evaluation are carried out through regular checks, analysis of checklist data, and routine meetings to discuss evaluation results. Based on these findings, the document concludes that the 5R implementation has been running well. Some suggestions for continuous improvement are also provided, including regular training, support from leadership, and the establishment of an OSH culture for the entire community

Keywords: planning, implementation, evaluation, 5R