The Use of Booklet Media for Fatigue Management Education Among Civil Workers at Project X, Cilegon

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SUMMARY

*This Communication, Information, and Education (CIE**) report is prompted** by the high risk of fatigue among construction workers due to heavy workloads and extended working hours. This project aims to enhance workers' knowledge in managing fatigue risks in the workplace. The intervention **method** utilized is health education through printed media, specifically a booklet titled "Control Fatigue Before It Controls You," designed in simple formal language to optimize readability for field workers. The booklet covers fundamental concepts of fatigue, internal and external causal factors, clinical symptoms, types of fatigue, adverse long-term health impacts, and practical management strategies. A key preventive measure is implementing workplace ergonomics based on specific activities. Field workers are educated on proper lifting techniques, avoiding repetitive motions, and using mechanical aids to move materials. For office workers, the focus is on monitor positioning and proper sitting posture. Trial results indicate that this booklet intervention is effective in improving worker understanding, as evidenced by tangible behavioral changes such as utilizing lifting aids, adjusting sitting positions, and performing muscle stretching before work. **In conclusion**, the CIE booklet serves as an effective instrument in advancing preventive health literacy to foster a safe and healthy working environment.*

Keywords: *Fatigue Management, Ergonomics, Booklet Media, Health Promotion*