

## **ABSTRACT**

*Working constantly will lead to fatigue. Fatigue at work caused by factors such as energy recovery is the length of rest periods, rest periods, and the frequency of breaks. Rest is done for a long period of time will be different results with the rest given the short time lag. PT Semen Baturaja Persero implement the system 1 time for 1 hour break. This study aims to determine the length of time of rest for the production agency employees. The captured data is the identification of the respondent, the resting pulse rate, pulse work, recovery pulse rate, oxygen consumption. On the CCR employees tasked with monitoring the activities of the production is done by computer. On the field employees on duty to check the problematic device, turn on or turn off the appliance, overcome interference equipment in the field at each work unit.*

*Data processing% CVL obtained that the firm production less than 30% means that fatigue does not occur. Based on the oxygen consumption was obtained with the workload ranges from > 200-350 kcal / hour. While the consumption of energy expended in the production bureau has met the standards under 5.2 kcal / min. The results are given time off for 1 hour at the company have sufficient rest time with a frequency of 2 times is 45 minutes and 15 minutes on shift 1 and shift 2. While the third shift 3 times. Distribution frequency of breaks needed to restore the physical or mental fitness for employees. Several times gives a short break will give better results than the same time a break in the long term.*

**Keywords:** *fatigue, energy consumption, workload, time to rest.*