

Not Just Theory, UPNVJ FIKES Students Also Carry Out Project Based Learning from K3 Promotion Courses Directly

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Public Relations UPNVJ - Students of the Public Health Undergraduate Study Program, Faculty of Health Sciences (FIKES) UPN Veteran Jakarta with a specialization in Occupational Safety and Health several months ago carried out *Project Based Learning* from the Occupational Safety and Health Promotion Course taught by Mrs. Azizah Musliha Fitri, SKM, MPH. and Dr. Ns. Dyah Utari, S.Kep, MKKK

One of the groups of 6th semester students who joined included Farah Namira Anjani, Natasha Putri Ayu Kayla, and Carlos Piero Martua doing *Project Based Learning* at PT. GoTrans *Logistics International*. The project being implemented is located on Jalan Raya Jakarta - Bogor Jalan Belly No. KM 26, RT.7/RW.9, Pekayon, East Jakarta City, Jakarta.

Project activities carry the topic "Driving Safety for Logistics Truck Drivers" and a series of project activities include:

Preparation

Preparations have been carried out since mid-April 2023. The group agreed to choose targets at the company because the number of drivers who work every day varies, sometimes there are limited resource constraints which result in drivers who have just finished their journey having to be obliged. to leave again to pursue company targets. Before carrying out K3 promotions, the group first creates an extension program unit which contains the date, time, duration, materials, methods, media, tools, materials and planned activity stages. After that, the group prepared all the tools and materials to carry out the activity, such as providing materials, attendance list, pretest and posttest questions, as well as a piece of bread and a bottle of mineral water.

Application

The activity will be carried out on May 26 2023 at 09.00 - 09.30 WIB at PT. *GoTrans Logistics International* with the opening of the event and group introduction by Julivia Anggraini, pretest, giving leaflets to K3 promotion participants, logistics truck drivers, presentation material by Farah Namira Anjani, Natasha Putri Ayu Kayla, and Carlos Piero Martua through promotional methods as well as posters and leaflets. After that, there was a discussion and question and answer session. Closed with participants completing the posttest.

Evaluation

Evaluation is carried out before and after implementation. Evaluation is carried out by observing the participants' pretest and posttest results.

In order to increase knowledge regarding driving safety, a health promotion was carried out which was attended by 11 logistics truck drivers. As a form of support for Occupational Safety and Health (K3), posters and *leaflets* were provided to the company as well as vehicle safety stickers which were received by each worker.

It is hoped that all UPNVJ students, specifically the UPNVJ FIKES Public Health Undergraduate Study Program, will be able to apply the learning in the Occupational Safety and Health specialization in future projects.

(**source: FIKES UPNVJ - editor *sa/humasUPNVJ**)

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