

ABSTRACT

This research was conducted after the Post-Pandemic where there was a change in efficiency in the implementation of duties at work resulting in mass layoffs, the impact was that workloads exceeded work standards for the courier division, because every year the quantity of deliveries increased with fewer employees, beside to implementing safety and health at work was less considered, causing a decrease in employee performance at PT. Global Jet Express, Cipadung Branch, Bandung City. This research to determine the effect of workload and occupational health safety (K3) on employee performance. The research method used is descriptive and verification with a total sample of 54 respondents. Data collection techniques used were by observation, interviews and distributing questionnaires. The data used is interval data by transforming ordinal data into intervals using multiple linear regression analysis, multiple correlation, coefficient of determination, and hypothesis testing.

The results of this study show that there is a significant influence between workload and occupational health safety (K3) on employee performance. The magnitude of the influence of workload and occupational health safety (K3) on employee performance simultaneously amounted to 73.8% and the remaining 26.2% was influenced by other variables that were not studied. While partially, workload has a significant effect on employee performance by 27.9% and occupational health safety (K3) has a significant effect on employee performance by 45.8%.

Keywords: Workload, Occupational Health Safety (K3), Employee Performance