

## عنوان مقاله:

.Risk Assessment of MusculoSkeletal Disorders among workers of a housekeeping service company in Kerman, Iran

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 5، شماره 4 (سال: 1398)

تعداد صفحات اصل مقاله: 8

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## خلاصه مقاله:

**Aim:** Ergonomic risk factors play an important role in prevalence of Work-related MusculoSkeletal Disorders (WMSDs). Due to housewives' different tasks at home, they seem to be exposed to different safety and health risk factors. The aim of the present study is assessment of risk and WMSDs prevalence in housekeeping job. **Method and Materials:** In this study, first, the task and subtask of housekeeping job were analyzed by Hierarchical Task Analysis (HTA) method. Then the postures of ۱۰۰ housewives were assessed by Rapid Entire Body Assessment (REBA) method and finally, the prevalence of WMSDs was investigated using the Nordic Questionnaire (NQ). **Findings:** The REBA score for housewives in three tasks of dusting (worst posture), hovering and floor squeegeeing (longest posture) was ۸ (high), ۲, and ۲ (low), respectively. The highest prevalence of WMSDs was reported in the lower back and neck. Significant relationship was observed between Low Back Pain (LBP) and stand-sit activity. **Conclusion:** This study showed high prevalence of WMSDs symptoms in study population, especially in their lower back and neck. In addition, it was indicated that the working conditions of housewives need to be improved. It is recommended to train individuals to identify ergonomic risk factors and use proper ergonomic principles and procedures to prevent WMSDs in housework.

## کلمات کلیدی:

Housekeeping, Work-related MusculoSkeletal Disorders, Rapid Entire Body Assessment, Nordic Questionnaire, Hierarchical Task Analysis

## لینک ثابت مقاله در پایگاه سیویلیکا:

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