

عنوان مقاله:

?Can Educational Intervention be Useful in Improvement of Body Posture and Work Related Musculoskeletal Symptoms

محل انتشار:

مجله انسان، محیط زیست و ارتقاء سلامت، دوره 4، شماره 2 (سال: 1397)

تعداد صفحات اصل مقاله: 6

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خلاصه مقاله:

Background: Poor postures are an important risk factor for work-related musculoskeletal disorders. The present study aimed to assess the impact of educational interventions on the correction of body posture and reducing work-related musculoskeletal disorders (WMSDs) in assembly line workers. **Methods:** This interventional study was conducted on ۶۳ assembly line workers. Data collection tools were demographic questionnaire, Cornell Musculoskeletal Discomfort Questionnaire (CMDQ), and Rapid Upper Limb Assessment (RULA). Data were collected before the two-day educational intervention and two months after the training. Data analysis was performed using descriptive statistics and Wilcoxon test. **Results:** The prevalence of WMSDs was ۸۵.۷% before the intervention, which reduced to ۴۶.۷% after the intervention. Discomfort symptoms were higher in the neck, lower back, upper back, and wrists compared to the other body parts. RULA action level decreased significantly after the intervention ($P < ۰.۰۰۱$). Moreover, the frequency, severity, and impact of pain in the neck, lower back, upper back, and wrists on the tasks of the subjects reduced significantly after the intervention. **Conclusion:** Educational intervention is an effective solution to reduce the prevalence, frequency, severity, and impact of pain on the ability and body posture of workers, but multi-component, ergonomic interventions should be implemented to achieve better outcomes

کلمات کلیدی:

WMSDs, Workers, Posture, Education, Assembly Line

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