

عنوان مقاله:

Evaluation of Ergonomic Risk Factors for Musculoskeletal Disorders among Kitchen Workers

محل انتشار:

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خلاصه مقاله:

Musculoskeletal disorders in kitchen workers are prevalent due to the nature of work and repetitive work. But few studies have been done on this profession. The RULA procedure is one of the best posture assessment methods for assessing upper limbs. The aim of this study was to evaluate musculoskeletal disorders using RULA method among Gonabad kitchen workers. Methods: In this descriptive analytical study, Work postures of 78 workers in all Gonabad kitchens and restaurants were recorded using the camera while working. And the most repetitive and awkward posture were chosen and analyzed using the RULA method. Data analysis was done using SPSS software and double—dupleX scores were compared with R software (programming software). Results: The results showed that the highest postural score and level of actions at the workstations were earned at points 7 and 4 respectively which was related to the task of cleaning the kitchen. The duties of carrying the pot and pouring the material in the next ranks were high RULA privileges. The highest mean scores for each of the organs examined were neck, wrists, and trunks respectively. Also, 51.20% of all workers carried an average load of more than 11 kilograms. The highest loaded weight on duty carries the pot with an average of 30 kilograms. According to the study, 100% of Gonabad s kitchen postures should be improved. Conclusions: In order to prevent musculoskeletal disorders, the correction of postures and the reduction of carried load are necessary. Since ergonomic studies on kitchen workers are very limited, it is suggested that further studies on ergonomic interventions, such as the design of workstations should be performed to correct postures of the neck, trunk, and wrists of workers

کلمات کلیدی:

Musculoskeletal disorders; Kitchen; RULA; Ergonomics; Upper trunk Introduction

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