عنوان مقاله:

Musculoskeletal Disorders Assessment and Posture Analysis by LUBA among Female Hairdressers in Tehran, 2015

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خلاصه مقاله:

Background & Aims of the Study: Musculoskeletal disorders (MSDs) are part of the mainoccupational diseases in the workplace. Occupations such as hairdressers are exposed tomultiple risk factors of these problems. The study was conducted to assess MSDs andposture analysis among female hairdressers in Tehran, 2015.Materials and Methods: In this cross-sectional research, 114 participants were studied. Tocollect data, demographic questionnaire, body map for assessment of MSDs and PosturalLoading on the Upper Body Assessment (LUBA) method to evaluate postures was used.Also, data were analyzed by Mann-Whitney, Kruskal Wallis and Spearman correlation teststhrough SPSS-V20.Results: The mean and standard deviation of age and experience of the participantswere5.34±8.9 and 10±8 years, respectively. In addition, they worked 9.8 hours per day onaverage. One hundred and thirteen (99.12%) persons have experienced the pain at least inone member of their musculoskeletal system. Most of hairdressers had reported leg, lowerback, as well as neck and shoulder pain. According to the posture assessment, 94.2% ofpeople experienced high risk of exposure to risk factors for MSDs.Conclusion: Findings showed MSDs are high among barbers. Also, the work situationsrequire immediate correction. Correction of workstations and tools design, work rest cycleand reduction in repetitive motions can help to improve working conditions.

کلمات کلیدی:

LUBABody mapHairdressersMusculoskeletal disordersPostureIran

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