

ABSTRACT

Title:

Prevalence of musculoskeletal disorders in employees of one company working in an office environment

Objectives:

The aim of this thesis is to identify the most common WRMDs in individuals with sedentary jobs in an office environment of one company. Another objective, is a more detailed evaluation of the results directed to the risk factors involved in their problems according to the respondents and the preventive strategies used by the respondents to prevent pain and discomfort.

Methods:

A questionnaire survey was chosen to collect data. The questionnaire for the study was based on the Nordic Musculoskeletal Questionair (NMQ), a standardized questionnaire, the core of which was kept in its original form, and the section on risk factors, preventive strategies and sociodemographic questions was adapted for the respondent group. The questionnaire was distributed electronically, with respondents answering both open and closed questions. In total, the research population consisted of 133 respondents. The collected data were statistically processed using MS Excel and tables and graphs were created to illustrate the results.

Results:

In the last 12 months, 64 (48.1%) of the respondents had experienced Work Related Musculoskeletal Disorder (WRMD). The most frequently occurring WRMDs were in the cervical spine with 54 (84.4%). Experience of work-related musculoskeletal disorder even earlier than in the last 12 months was reported by 51 (38.3%) respondents. WRMDs occurred most frequently in the first 5 years of employment with 57 (32.9%) and symptoms were most commonly stiffness and pain in the area. The main risk factors were sedentary work for 6 or more hours per day and remaining static for long periods. Preventive strategies most used by respondents included the inclusion of breaks or any exercise and ergonomic workstation

settings. Individuals with a BMI in the overweight range and those who regularly sleep less than 7 hours had a higher prevalence of WRMD. In contrast, respondents who exercised regularly were less likely to have WRMDs.

Keywords:

office employment, musculoskeletal disorders, pain, discomfort, WRMD, NMQ, physical activity, sedentary work, computer work, prevention strategies, risk factors