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WORK POSTURES, COMPUTER USAGE AND MUSCULOSKELETAL DISORDERS AMONG ALGERIAN OFFICE WORKERS

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The aim of the present study is to assess the impact of working postures in computer work stations on musculoskeletal disorders (WMSDs) among office workers in an Algerian tertiary sector. To investigate the relationship between working postures adopted by office workers and WMSDs, a sample of (20) male and female computer users participated in the study. The study was conducted into two steps: during the first step each participant was interviewed in order to determine the following parameters: (1) work time span to end work tasks, (2) rest poses, and (3) the preferred time to work on computer. While, the second step consisted of the application of the Rapid Upper Limb Assessment (RULA) method to evaluate different working postures adopted by members of the sample. A sample of 20 minutes of continuous observation was recorded with each participant. The results of the study revealed that: (1) working on the computer for a long time while maintaining inappropriate postures, contributed to the emergence of musculoskeletal disorders (neck, shoulders, low back pain), (2) office workers of the study are exposed to high WMSDs risk, which is due to inappropriate workstations layout that impose bending and twisting postures while working, as a result of incompatibility of office furniture and equipment with the anthropometric body dimensions of workers. This situation requires in-depth study, as well as, ergonomic intervention and improvement in the near future. A series of suggestions, are put forward, including the reorganization and layout of office equipment according to the ergonomic norms, taking into account a visual field of 15° to 30° angle.

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Biography

Mohammed Argoub (Doctor, in Work design and Ergonomics, Oran 2 University, Algeria, 2017). He is member of Ergonomics and Prevention of Risks Laboratory at the University of Oran 2, Algeria, head of work psychology and Ergonomics speciality, University of Tiaret, Algeria, member of the Algerian Ergonomics society.

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