

## PREVALENCE AND WORK FACTORS OF WORK-RELATED MUSCULOSKELETAL SYMPTOMS IN THE CHINESE CATERING INDUSTRY: A CROSS-SECTIONAL STUDY

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The purpose of this study was to investigate the prevalence of work-related musculoskeletal symptoms (WMS) and their relationship with workplace risk factors in the context of the catering industries. It was a territory-wide survey of workers in the catering industries in Hong Kong. The revised Nordic Musculoskeletal Questionnaire (NMQ) was adapted in a three-part questionnaire collecting information on demographic characteristics, WMS, and work factors. The prevalence of WMS was then assessed by both restaurant type and job title. A two-way analysis of variance was used to analyze differences between pain intensity, prevalence, and frequency of movement at work. A total of 902 participants completed the survey. Their average age was 38.03 (SD=11.51). In general, the prevalence of WMS ranged from 11.6% (forearm) to 63.3% (lower back), with an intensity of around 5.0 (Visual Analogue Scale 0-10). The results also show that the most prevalent form of WMS was shoulder pain amongst Chinese chefs (71.7%). Frequency of movement (such as wrist bending and exertion) was the main work-related risk factor contributing to the development of WMS. Based on the study results, it was to conclude that Chinese chefs have a high prevalence rate for WMS in the catering industry. Undesirable work behaviors, such as poor posture, may contribute to their development.

### Biography

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