

**Work related musculoskeletal symptoms among the office
workers of an office in Bangladesh.
Tejgaon, Dhaka.**

By

Sanjida Yesmin

This thesis is submitted in total fulfillment of the requirements for the subject
RESEARCH 2&3 and partial fulfillment of the requirements for the degree:

Bachelor of Science in Occupational Therapy

Bangladesh Health Professions Institute (BHPI)

Faculty of Medicine, University of Dhaka.

March, 2012

ABSTRACT

Purpose: The purpose of the investigation was to establish the prevalence of musculoskeletal symptoms (WRMS) among the office worker in Bangladesh.

Method: This participant of the study included 200 subjects of age groups ranging from 23 to 57 years, from the Government press of Bangladesh. Questionnaires were administered by demographic and standardize Nordic musculoskeletal questionnaires.

Results: The prevalence of work related musculoskeletal disorders was high among office workers during their work. In the present study the researcher investigated the prevalence of musculoskeletal symptoms in the last 12 months in a sample of employees at a large Govt. Press in Bangladesh. The musculoskeletal symptoms were neck 40.5%, shoulder 45%, elbow 33.5%, upper back 32%, lower back 53% and wrists 33%, One or both hips, thighs, buttocks 28.5%, One or both knees 32.5% , One or both ankles, feet 33%. The body areas most commonly involved were lower back followed by shoulder, neck, feet, elbow, knees, hips. The prevalence of musculoskeletal symptoms in last 7-days were neck 25.5%, shoulder 33%, elbow 22.5%, upper back 20.5%, lower back 33.5%, wrists 23%, One or both hips, thighs, buttocks 17%, One or both knees 26.5% , One or both ankles, feet 26%

Conclusion: The findings from this study indicate that the current report of WRMDs is not poor and that RMDS have an impact on individuals' work and other activities.

Key message: The knowledge of musculoskeletal symptoms and its prevalence among workers can be effectively applied for the optimization of the work system to minimize the risk of injury and to maximize productivity.

Key words: Musculoskeletal symptoms, Work related musculoskeletal symptoms, Work related musculoskeletal disorder, Office workers, Bangladesh.