

Prevalence of Musculoskeletal Disorders among Construction Workers in Faisalabad City

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EDITORIAL

Background: Construction is one of the oldest occupations of mankind. Construction workers are more vulnerable to injuries and musculoskeletal disorders rather than those working in other industries, especially in under developing countries. It is noted that rate of disabilities and impairments in construction workers are much higher in spite of advancements in occupational safety measures. In construction industry more than half of the total injuries and illnesses occurred due to musculoskeletal disorders. Wide range of occupational health hazards face by building construction workers in their work sites and are victim of these health hazards. Most studies on work-related musculoskeletal symptoms were limited to office, service, or manufacturing industries. However, the construction industry is considered as one of the most hazardous industries for work-related musculoskeletal symptoms.

Aim and objective: The aim of this study was to investigate the prevalence of musculoskeletal disorders that can contribute to development of work related problems among construction workers.

Methodology: An observational cross-sectional survey study was conducted on a sample of 377 workers receiving from different construction sites in Faisalabad city.

Results: The findings of this research was most of the construction workers during past 12 months had experienced symptoms of lower back (29.7%), shoulder (29.4%), neck (27.6%) and the least number of construction workers had elbow, hip and thigh problems.

Most of the construction workers experienced difficulty in performing activities during past 12 months due to lower back symptoms (26.5%), neck symptoms (24.9%) and shoulder symptoms (17.2%) while number of construction workers which experienced symptoms in elbow (5.6%), hip/thigh (4.2%) and ankle/foot regions (3.2%) were very few. Large number of construction workers were visited physician due to lower back (17.2%), neck (16.2%), and knee (9.8%) while least of the construction workers visited the physician due to shoulder, upper back, wrist/hand, elbow, hip/thigh and ankle/foot issues.

Conclusion: During this survey it is concluded that most of the workers which are involved in the field of construction had problems regarding lower back, neck and shoulder. The construction workers becomes the victim of cervical, upper back and shoulder pain due to continuous manual lifting and loading of materials above their shoulder and cervical levels. Moreover they are working in bowed, bending and stopped posture for prolonged periods which may ultimately become the cause of permanent impairment and disability, so care is to be taken. Most of the construction workers are illiterate or not well educated about proper positioning of body during work. Poor construction workers are not supplied with any health care facilities and there are no awareness strategies which make them understood that rest and proper health management should be their first priority. Construction workers should go through regular check-ups and get health care management to avoid work-related musculoskeletal conditions

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