

# Risk Factors for Musculoskeletal Disorders Associated With Poor Workplace

Mei Ling Tan\*

Department of Industrial Engineering, Nanyang Technological University in Singapore, Singapore

## DESCRIPTION

The development of job-related musculoskeletal problems affecting the neck and upper limbs is linked to aspects related to work organization, according to several research that offer plausible theories and empirical data. Workplace musculoskeletal discomfort has been linked to employees' views and ideals about work and what is expected of them by their jobs. In the workplace, muscular strain is a typical source of axial or mechanical pain and is frequently localized to the lower back area. Musculoskeletal Diseases (MSD) include a variety of complicated root causes, including psychological, biomechanical, and personal elements. Although a first assessment of a job may include locating elements of workplace architecture or administrative practises that potentially support the development of MSDs.

The reasons for these variances include a variety of administrative policies and a lack of understanding of the pathophysiological processes that lead to work-related musculoskeletal illnesses. The majority of ergonomic changes lessen the physical labour and levels of energy consumption required. "Reducing the physical workload may have both positive and negative effects, but postural stress is likely the most critical issue to address. That may justify a workforce with less physical fitness. Yet, if their levels of physical fitness are governed by their jobs rather than their free time, they are exposed to some danger every time the load is unexpectedly high; unusual activity being a primary source of musculoskeletal problems. According to our observations, the most frequent work-related injuries are sprains and strains of the lumbar muscles.

These accompanying illnesses include low back pain, osteoarthritis, tendon inflammations like bursitis, nerve compression disorders including carpal tunnel syndrome, tendonitis, and bursitis. Risk factors for musculoskeletal disorders normally exposed to a blue-colored employee when employee starts to complain about insomnia, despair, anxiety, exhaustion, and other problems that affect the body's recovery system and cause musculoskeletal imbalance and diseases. But also emphasising that in developed nations today, musculoskeletal

problems are the most common type of occupational sickness. In fact, occupational musculoskeletal pain and impairment diseases, particularly when they take a chronic form, are quite common and expensive in industrialized areas. Due to its exposure to powerful forces like twisting and jolts, the spine is vulnerable to damage. The apparent causes of strain are logically connected to excessive weight carrying, poor movement mechanics, and difficult twisting and bending of large objects. Due to the anatomical makeup of the body, it can be challenging to pinpoint the exact reasons of lower back discomfort; nonetheless, working on various equipment under unusual circumstances led lumbar muscles to be stretched or torn, leading to muscular strains. Despite the fact that the cause of a lumbar sprain is the ripping of tissues from their connection, such injuries typically happen during sports, rapid movements, or through gradual usage. The soft tissues become irritated or inflamed as a result of strain or injury to the lumbar spine, which can lead to discomfort, mobility limitations, or muscle spasms.

These symptoms are the focus of the physical therapy. Due to the cross-sectional nature of the study, only blue-collar workers in sugar plants were looked at, preventing any potential selection bias; nonetheless, the non-random selection of participants may have increased this likelihood. Strong statistical significance was recorded, but no causation and direct link can be drawn, and causal interpretations of our current data are solely conjectural because the factors and outcome variables were evaluated simultaneously. The design of this investigation should be longitudinal. To more clearly define the causative relationships between the symptoms of MSD, back strain, and sprain strain.

By this study, managers and supervisors will be better equipped to customize treatments meant to reduce the expenses associated with poor intrinsic motivation, low engagement, and overall ineffective job productivity. This study also establishes a brand-new area of investigation into the connections between social, behavioural, and medical research in order to assess its viability and efficiency. The earlier studies had restrictions on psychosocial and psychological issues, but the current study stimulates the search for cause-and-effect relationships between feelings and physical symptoms, which is crucial for productivity.

**Correspondence to:** Mei Ling Tan, Department of Industrial Engineering, Nanyang Technological University in Singapore, Singapore, E-mail: lam.tan@gmail.com

**Received:** 01-Mar-2023, Manuscript No. JER-23-23097; **Editor assigned:** 03-Mar-2023, Pre QC No. JER-23-23097(PQ); **Reviewed:** 17-Mar-2023, QC No. JER-23-23097; **Revised:** 27-Mar-2023, Manuscript No. JER-23-23097(R); **Published:** 04-Apr-2023, DOI:10.35248/2165-7556-23.13.341

**Citation:** Tan ML (2023) Risk Factors for Musculoskeletal Disorders Associated With Poor Workplace. *J Ergonomics*. 13:341.

**Copyright:** © 2023 Tan ML. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.