



A Survey on Work-related Postural and Musculoskeletal Disorders Among Iran Railway Staff

Oral Presentation

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Abstract

Introduction: Postural and musculoskeletal deformities can cause physical issues for people in various occupations. Continuous working hours and repeating the same postural positions could result in severe and chronic pains in these workers. This study aimed to screen the prevalence rate of postural and musculoskeletal deformities in Iran's Railway Station staff.

Methods: 1453 employees in various departments of Iran Railway were screened regarding their postural and musculoskeletal deformities. We also categorized the participants according to their gender. The employees' occupation was divided into two technical and administrative categories based on their duties at work. Moreover, they were screened for Uneven Shoulder, Lordosis, Scoliosis, Forward Head, Kyphosis, Flat Foot, Ankle Pronation, Winging Scapula.

Results: Totally between 1453 employees screened, there were 90 females and 1363 male staff. The two most prevalent disorders in technical and administrative positions were Forward Head (Technical p=%86; Administrative p=%86) and Lordosis (Technical p=%89; Administrative p=%83).

Conclusion: A majority of the employees were reported to suffer from Forward Head and Lordosis deformities. Being aware of the correct posture in a job position, assessing and preventing risk factors of deformities, and performing low-cost exercises and treatments until they do not become severe problems and disabilities are recommended. Also, providing the workplace with more ergonomic equipment could help reduce deformities and can prevent serious consequences.

Keywords

Work-related Musculoskeletal Disorders; Postural Disorder; Railway Staff