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Ergonomics and the women's safety and health

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Ergonomics is the science of designing the job to fit the worker, rather than physically forcing the worker's body to fit the job. Musculoskeletal disorders (MSDs) are illnesses or injuries of the muscles, nerves, tendons, joints, cartilage, arms, legs, neck, or lower back. MSDs are caused or made worse by muscular force for a long time, repetitious movement, constant vibration, contact stress, psycho-social issues, awkward posture and/or Environmental conditions. Ergonomics try to find solutions to solve MSDs, these solutions usually involve changing tools, equipment, materials, work methods, or the work environment. The women numbers are growing fast in the workforce, but unfortunately women have a higher chance of getting MSDs than men. This higher rate is due to job and physical differences between men and women. In Ergonomics, we are trying to solve these MSDs to increase the comfort and the productivity of the female workers.

Biography

Dalia M Kamel is an Associate Professor of Physiotherapy Ahlia University, Bahrain/Cairo University, Egypt. She was graduated from Faculty of Physiotherapy, Cairo University in 1996 and she started teaching in Faculty of Physiotherapy, Cairo University since 1998 as a Demonstrator in the Department of Physiotherapy for Obstetrics & Gynecology. She got her Master in wound treatment for post cesarean section cases in year 2002 so promoted to Lecturer. Then she finished her PhD in 2006, the thesis was about the 3D motion analysis for pregnant women and promoted to the rank of Assistant Professor in the same faculty. She has joined Ahlia University in Kingdom of Bahrain in 2009. Recently she promoted to the rank of Associate Professor. Her interests in the women's health and has many papers published in refereed journals, and she is a Member in The Mediterranean Society of Pelvic Floor Disorders.

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