Musculoskeletal disorders among bank workers: Focus on visual display unit (VDU)

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A research has been conducted among bank workers-operated Visual Display Unit to identify the occurrence of Musculoskeletal Disorders’ symptoms and determine its association with prolonged sitting factor. Specifically, prolonged sitting factor discussed in this paper covers of sitting posture, duration of sitting and seat backrest provided by the management. A cross-sectional study is conducted by using a modified version of ‘Standardized Nordic Questionnaire’ (SNQ) that consisted of three parts; the respondent details, complaints on musculoskeletal symptoms and prolonged sitting factor. Meanwhile, the Chi-Square Test is used as the statistical analysis in order to determine the association between the prolonged sitting factor with the most affected body parts of MSDs. Results have shown that (1) shoulders, upper back, neck and lower back were the most affected body parts, (2) unfavourable sitting posture was found related with neck, lower and upper back, (3) lower back and neck were associated with the duration of sitting, too. In overall, the improvement of knowledge and realization of any complaints on MSDs among VDU-operated bank workers is vital to fill the gap of ergonomics’ knowledge and awareness within this population. It is believed that this study can serve as the basis to safeguard the employee's safety, health and welfare among banking institution, especially in Malaysia.

Biography

Mohamed Zul Fadhli Khairuddin has completed his Master’s degree (Master in Engineering [Safety, Health and Environment]-with Distinction) at the age of 25 years from University of Malaya, Kuala Lumpur, Malaysia. He is the Lecturer/Academician at the Environmental Healthcare Section, University Kuala Lumpur Institute of Medical Science Technology (UniKL MESTECH), Malaysia. Also, he has been assigned as the Secretary of Occupational Health and Safety Committee at the campus. His fields of interest are Industrial Hygiene, Environmental Ergonomics and Occupational Health and Safety Management System.

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