Determinants of low back pain among taxi drivers in Malaysia

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Background: This study aimed to determine the characteristics and associated factors of low back pain (LBP), among taxi drivers in Shah Alam, Malaysia. A cross sectional study was conducted among a convenience sample of 200 taxi drivers using a self administered questionnaire. It included questions on socio-demographic data, work characteristics, LBP and its characteristics and awareness of ergonomic factors. Mean (SD)age of the respondents was 46.8(8.9) years and age ranged from 24 to 70 years.

The majority were Malays (70.0%), employed by companies (58.5%) and worked more than eight hours daily (56.5%). About half of the respondents (48.5%) had low back pain in the past year. The majority of the participants (52.5%) stated they were not aware of good sitting posture and its importance. On multiple logistic regression analysis, LBP was associated significantly with ethnicity (p=0.036), history of back trauma (p=0.004), self employment (p=0.002), duration of employment (p=0.038), low awareness of good sitting posture (p=0.013), and more than eight hours daily working (p<0.001). Several social, work and ergonomic factors were associated with LBP among taxi drivers in Malaysia. Taxi drivers had low awareness of ergonomic factors. Early detection of serious low back pain problems is important to avoid subsequent morbidity and disability.

Keywords: awareness, ergonomics, low back pain, taxi drivers, Malaysia

Biography

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