

The Prevalence and Pattern of Self-Reported Musculoskeletal Disorders in Construction Workers in Delhi

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Abstract

Introduction: Musculoskeletal disorder is the single largest cause of morbidities among construction workers. The objective of this study was to research the prevalence and pattern of self-reported musculoskeletal disorders in construction workers.

Materials and Methods: This cross-sectional study was conducted on 462 construction workers residing in Delhi using a validated pre-tested Nordic Musculoskeletal Questionnaire (NMQ).

Results: (74.4%) workers reported musculoskeletal disorder mostly of lower back pain (68.3%) and upper back pain (63.3%). Nearly one-third (30.2%) of workers reported hindrance in routine and leisure work due to musculoskeletal disorder. Nearly one-fourth (26.7%) of the study subjects were suffering from MSD sought treatment for the same. Nearly (7.5%) of the study subjects have reported suffering from acute musculoskeletal disorder in the last 7 days.

Conclusion: The findings of this study contributed to improve the overall health and well-being of construction workers by tailoring interventions based on sociodemographic studies. Research unveiled that most of construction workers were suffering from musculoskeletal disorders. Employers and higher authorities should accept the concept of level of prevention through ergonomics, work design, organizational development, workers training and counseling, pre-placement and periodic examination, and enhanced occupational health services to reduce the worksite musculoskeletal disorders.