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Women and Occupational Health-2016 Prevalence of Musculoskeletal Disorders among Primary School Teachers in Nawanshahr (Punjab) - A Case Study

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Introduction : Musculoskeletal Disorder have been described as the most troublesome and common causes of severe long term pain and physical disability that affect hundreds of millions of people across the world. From the literature review it is observed that the musculoskeletal disorder is very common among School teachers.

Objective: The purpose of this paper is to examine prevalence of musculoskeletal disorder among the Primary school teachers.

Methodology: A self designed questionnaire based on Nordic musculoskeletal disorder was delivered to hundred Primary school teachers in district Nawanshahr, Punjab. Out of which eighty five questionnaires were responded completely and fifteen questionnaires were responded partially which have not been included in the study. The recorded data has been analyzed using Chi-square test with statistical package for the social sciences (SPSS 21).

Results: Participants suffering from MSD during the last 12 months reported high problem in the Neck (58.6%), low-back (48.4%), and shoulder (40.7%) and upper back (38.5%) and low pain problem in the knees (20.5%), hand/wrist (19.5%), foot/ankle (15.3%) and other parts of the body. In the present study it was found that most of prevalence of MSD is found in Female teachers as compared to male teachers. It is also observed that age, long working hours, bad work postures and unhealthy working conditions and contributes to the MSD problems in Primary school teachers.

Conclusion: the study showed that a prevalence of high disorders is found in the Neck, low back , shoulder ,upper back and prevalence of low disorder is found in the knees , hand/wrist etc. It is recommended that proper work posture, healthy working conditions and proper working hours must be provided which make the work easier and more relaxed.

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Developing Safety Culture: How to Stay One Step Ahead

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The only good accident is one that doesn't happen. If an accident is prevented before it occurs, the employee is saved from injury and the employer is spared the financial cost and potential liability from a preventable incident. The most effective accident prevention approach is to develop a culture of safety that prioritizes reporting, training, and good safety practices, and encourage participation at all levels of the organization. Regulations for on-the-job accident reporting have recently changed and will probably do so again, so employers need to be proactive about improvements to the company's safety program. To do this, an employer must search for the root cause of the incident, accident or near miss, and implement lessons learned into their safety program. Dr. Scott Harris, director of EHS advisory services for UL Workplace Health & Safety, will discuss eight steps for forming and maintaining a solid culture of safety for employees. This will include best practices for incident reporting, employee training, hazard identification, and program analysis.

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