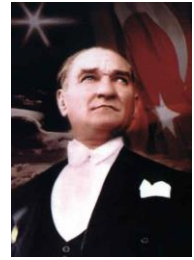




DOES ERGONOMICS EDUCATION CHANGE BODY POSTURE DURING COMPUTER USAGE

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Objectives

The aim of our study was to investigate the effect of receiving education about ergonomics in undergraduate education on posture during computer usage.

Methods:

38 individuals who had received education about ergonomics in undergraduate term and 62 individuals who had not received any education were included in present study.

In the last four weeks pain experience was evaluated with Yes/No questions. Computer usage posture was evaluated observationally with Rapid Upper Limb Assessment (RULA) and The Questionnaire Frequency and Risk Factors Musculoskeletal Disorders at Computer Users (QFMCU).

Table 1. The level of risk for Rula scores

Score	Level of MSD Risk
1-2	negligible risk, no action required
3-4	low risk, change may be needed
5-6	medium risk, further investigation, change soon
6+	very high risk, implement change now

Results:

	Trained	Untrained	p
Pain	81%	91%	p<0.05
RULA (points)	3.5 ±1	4.1 ±0.9	p<0.05
QFMCU (points)	3.3±1.9	3.9±2	p<0.05
Correlation Between Assessments	r=0.362		p<0.05

Conclusion

It was found that education about ergonomics was effective in reducing the risk level of musculoskeletal disorders. In addition, both tests have been seen to be appropriate in this field. The reason of low-moderate correlation level between the tests was that RULA evaluates the exposed estimated force on the body part as static/dynamic posture, but QFMCU not. Our study emphasizes once again the importance of receiving education on ergonomics for preventive purpose before musculoskeletal problems.