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INTRODUCTION

- There are distinct types of work settings that are being studied globally which can be broadly categorized into organized and unorganized sectors.
- Work settings which requires heavy physical load along with poor or improper postures includes activities like lifting and removing of the goods make the handlers exposed to several risk factors like fall, injuries, monotonously repeating the same movements are associated with MSD and the body parts that affected mostly are hands, wrists, elbows, shoulders and back



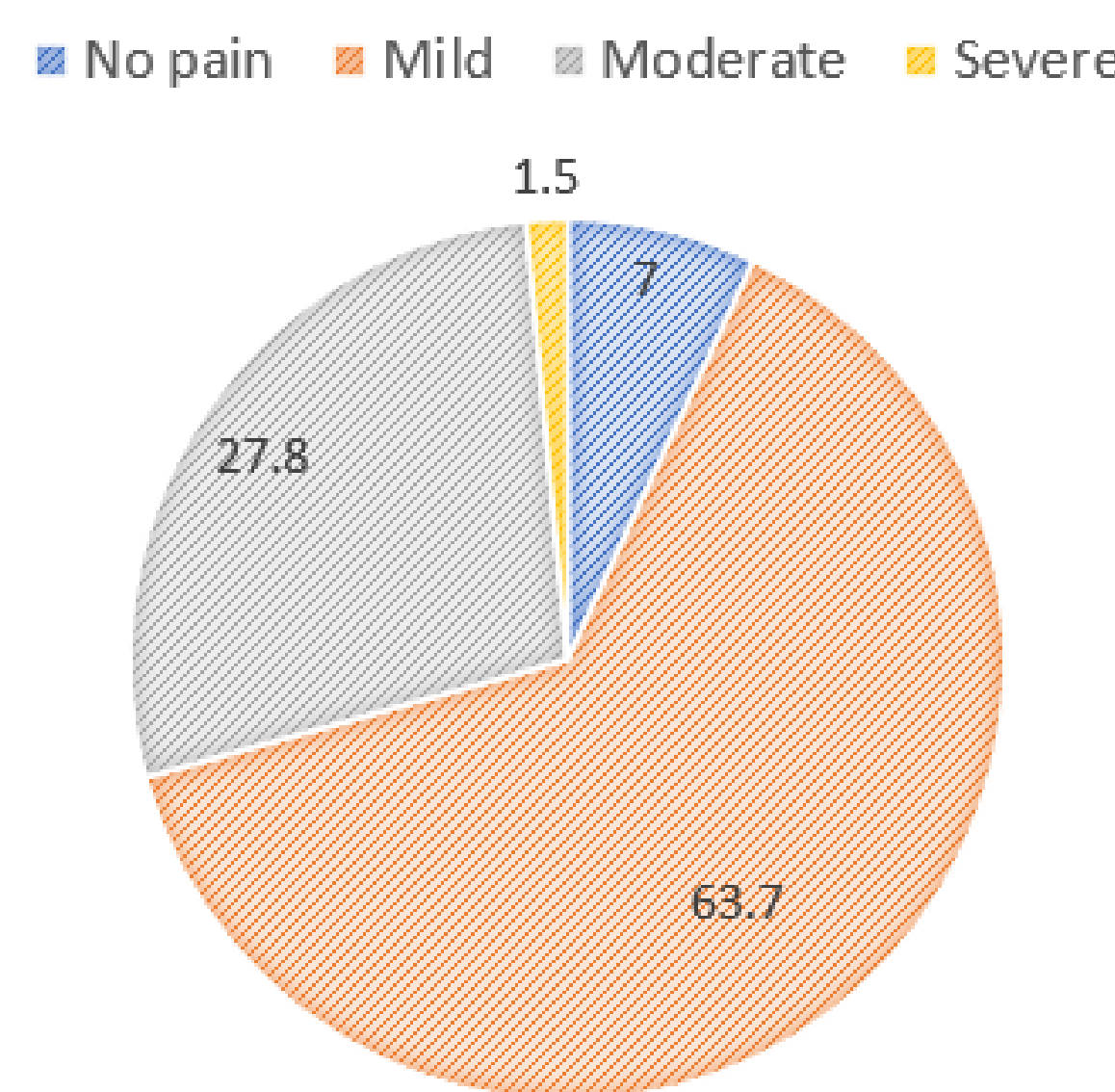
The study showed that annual prevalence of musculoskeletal problems affecting any of the nine body regions was 91.9 percent and number of working days and frequency of receiving wages were strongly associated factors for musculoskeletal disorders among head load workers.

The overall prevalence of musculoskeletal pain for past one week by using PNRS came to be 93 percent.



Head load workers engaged in different activities

PERCENTAGE OF HEAD LOAD WORKERS EXPERIENCING PAIN



AIM

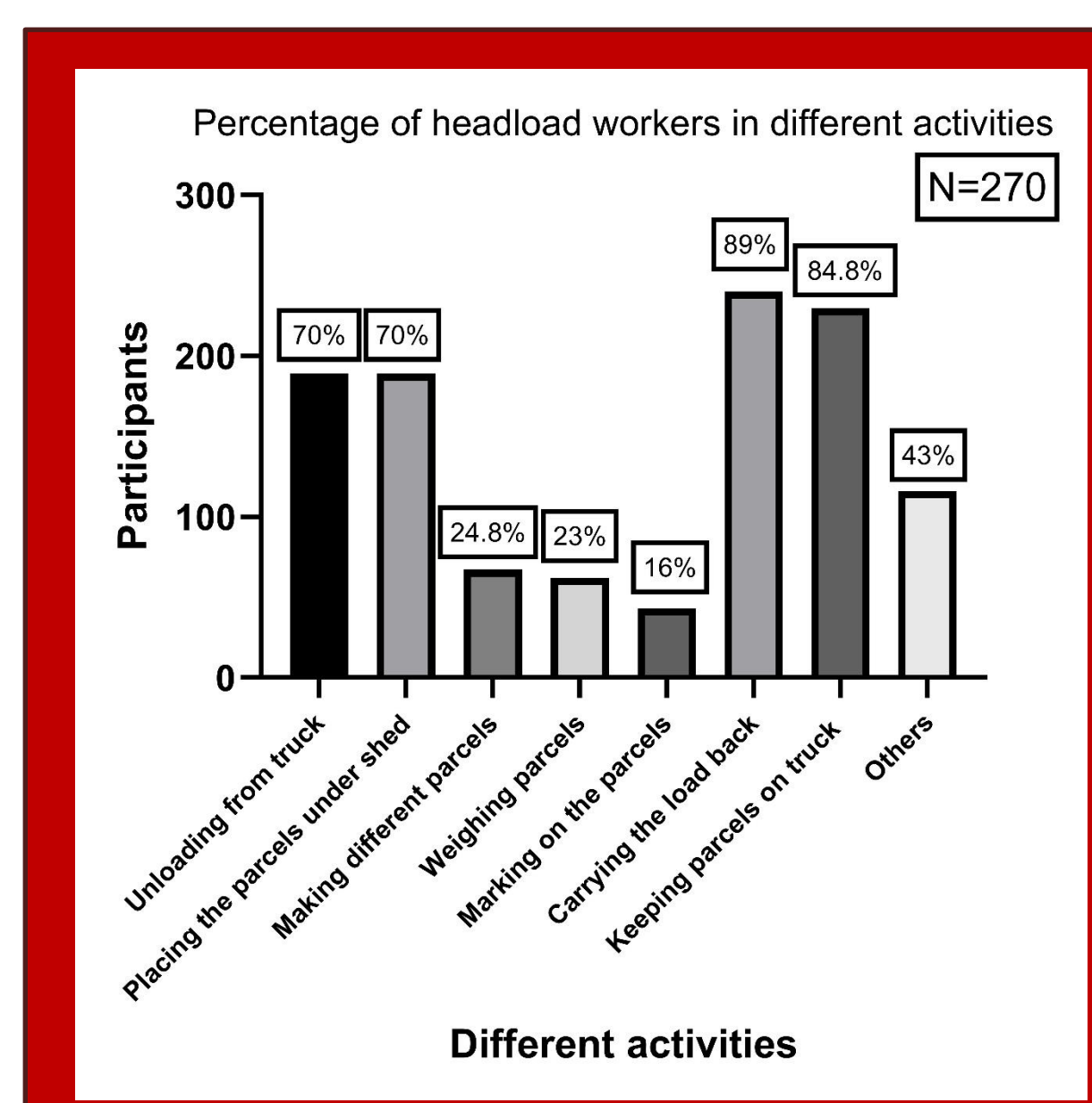
To study the prevalence of MSDs and associated factors among headload workers, Azadpur mandi, Delhi.



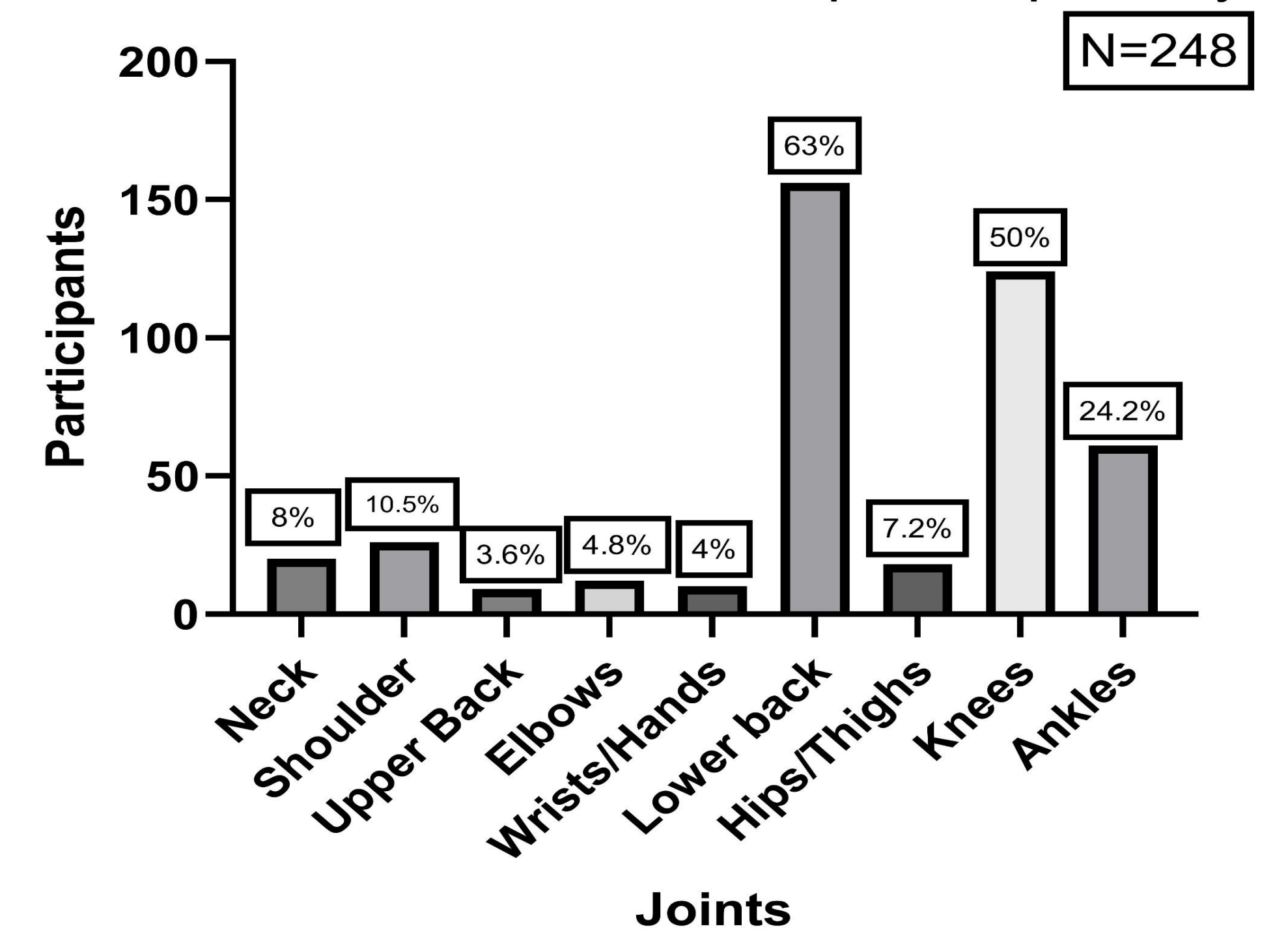
Head load worker carrying load

METHODOLOGY

- Study Design: Cross-sectional study
- Study Population: Men and women engaged in headload work
- Sample Size: 270
- Data collection- Interview schedule (Sociodemographic details, work related information, PNRS and Standard Nordic Musculoskeletal Questionnaire)
- Sampling Procedure- Systematic Sampling



Jointwise Musculoskeletal pain in past 1 year



The study found that 34.4 percent of participants reported poor accessibility to washroom facility in market premises.

The distance of the washroom from some of the sheds was farther and time consuming.

Addressing the basic needs of the work place such as restrooms, retiring rooms, proper drinking water facilities, lighting, safety and security of the workers can be beneficial.

These deficiencies not only violate their fundamental rights but also increase their risk of developing musculoskeletal disorders.

Conclusion

This study was conducted on a rare occupational group—head load workers in the wholesale fruit and vegetable market. They are involved in rigorous physical activities. The findings revealed a high prevalence of musculoskeletal disorders (MSDs) linked to occupation-related factors such as the type of work, working conditions, hours, compensation, and the intensity of the labor.

Similar to other jobs in the unorganized sector, head load workers often face a lack of recognition for their health and well-being. Despite their significant contribution to the economy, their health concerns have largely been overlooked by public health initiatives.

Training to headload workers can be given for lifting and carrying heavy load on head.

Acknowledgements

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