

**MUSCULOSKELETAL DISORDERS AMONG
MUNICIPAL SOLID WASTE COLLECTORS IN
SOUTHERN DISTRICT OF YANGON**

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ABSTRACT

Musculoskeletal disorders among workers including solid waste collectors have been emphasized by the whole world nowadays as it can attract the attention of several adverse health outcomes for workers. And also, according to the job nature of municipal solid waste collectors such as lifting, carrying, pushing and pulling of the waste bags and bins, they are exposed to various occupational injuries including musculoskeletal disorders. The objective of the study is to assess the associated factors regarding musculoskeletal disorders among municipal solid waste collectors. A cross-sectional descriptive study was done to explore the musculoskeletal disorders among 193 municipal solid waste collectors in Southern Yangon in relation to their sociodemographic characteristics, work-related factors and physical work demand by using structured questionnaire and musculoskeletal disorders by standardized Nordic Questionnaires. Most of municipal solid waste collectors were male (54.4%) and (53 %) of them were in the age group of (30-39). The education statuses of the most respondents were primary school passed (46.1%). The education statuses of the most respondents were primary school passed (46.1%). Most of the municipal solid waste collectors were daily wagers (90.2%) and the prevalence of musculoskeletal complaints during the last week was higher among female municipal solid waste collectors (61.4%). Lower legs (29.5%), lower back (24.4%) and upper back (15.5%) were the most frequently affected body region among municipal solid waste collectors. The higher percentage of musculoskeletal symptoms among municipal solid waste collectors could be attributed to the long duration of employment. Multiple logistic regression analysis revealed that the predictor of musculoskeletal symptoms among MSW collectors was longer duration of employment (≥ 5 years) (AOR=2.53, 95% CI=1.24-5.15). Awareness raising for symptoms of musculoskeletal disorders and regular medical checkup for solid waste collectors with long duration of employment should be focused to reduce the musculoskeletal disorders among the solid waste collectors.