

Ergonomic Awareness on Mopping Activity among Moppers

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ABSTRACT

Musculoskeletal Disorder (MSDs) had been classified as the global burden of disease and was the leading contributor of global burden than was previously realized. Among various work, cleaning activity is classified as high physically demanding activity. Ergonomic care had been showing promising result on its effectiveness on preventing MSDs while performing mopping activity. However, there are no researches, which examine the ergonomic awareness among moppers. To determine the ergonomic awareness on mopping activity among moppers. A self-administered questionnaire was used to assess the ergonomic awareness on mopping activity among 123 moppers were collected. The result shows that moppers are not aware of the importance of using ergonomic friendly mopping tools in preventing MSDs. Most of the participants were not aware of the importance of changing the hand placement simultaneously. However, in the bright side, only 8.9% of the participants had chosen the incorrect mop handle height. Majority of the participants had been placing the surrounding objects and cables higher prior to do mopping activity. Participants aged 26 to 30 years old has higher self-awareness on taking care of their posture while doing mopping activity. When compared between genders, female population had better choice of correct body posture. The results show that there is lack of ergonomic awareness on mopping activity among moppers. More awareness campaign and education talk about the importance of ergonomics to prevent MSDs in mopping activity would help in increasing the awareness among moppers.