42 - ACTION TO PREVENT RISK OF WORK RELATED MUSCULOSKELETAL DISORDERS

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INTRODUCTION

Currently, the nature of human work provides a means of comfort and ease to perform the tasks, favoring a sedentary lifestyle, bad posture and repetitive movements.

Computer use encourages the development of Repetitive Strain Injury / Work-Related Musculoskeletal Disorders (WRMD) due to job characteristics. Among lawyers, it appears that everyone must make use of computer, remaining in a seated position much of the work day, exposing them to risk of developing WRMD.

The increased length of computer use by lawyers was marked by Law 11,419 of 2006 provides for the informatization of the Judicial Process. Under that law, the organs of the judiciary have developed electronic systems for processing of lawsuits by fully or partially digital file, ideally using the worldwide network of computers and access through internal and external networks, and in the electronic process, all citations, subpoenas and will be made electronically. Therefore, in most Brazilian capitals, using electronic processes.

Among the risk factors for developing MSDs, Couto (1998) describes that the disturbances are due to physical, psychological, social, biomechanical and clinic / organization of work. The four main biomechanical factors correspond to the strength, posture, repetition, vibration and mechanical compression.

The work-related musculoskeletal disorders are an important public health problem worldwide, with substantial impact on quality of life and economic productivity of the worker. (NRC & IM, 2001; punnet and Wegman, 2004; EASHW, 2008). Koltiarenko (2005) apud Santos (2007) defines WMSDs surely as any disorder that is related to work, regardless of the afflicted, and the etiology of this group of disorders is complex and encompasses many factors.

According to the Ministry of Social Welfare through its Social Security Statistical Yearbook 2008 cases of accidents and illnesses in 2008, an increase of 13.4% of injuries compared to 2007. The jump was from 659,523 to 747,663 cases of accidents and occupational diseases, there will be shown a 14.1% increase in the costs of Social Security with the granting of sickness benefits.

Data from the World Health Organization show that for every $ 1.00 invested in prevention, about $ 16.00 can be saved with treatment of occupational diseases and early retirements.

Therefore, this study aimed to perform a collective action to prevent risks of WRMD lawyers in assessing the profile of health and employment and promoting guidelines for prevention, since the information is enabling people to adopt attitudes and behaviors favorable to the maintenance of its health.

METHODOLOGY

According to Gil (2006), this study is focused on quantity and descriptive in nature. It was held in the lobby of the Civil Court of Curitiba Forum during the event of a Week of Health of the Bar Association of Brazil (OAB) - section of Parana.

This study was conducted with 29 lawyers who agreed to answer a questionnaire and receive guidance on the risks and how to prevent WRMD.

For this study we used a structured questionnaire including open and closed. After answering the questionnaire the subjects were guided through folder on posture, proper positioning before the computer and loading of cargo, in this case processes.

After the application of the questionnaire was conducted transfers its results to Excel 2000 for Windows Software. Since then the work was done and the implementation of appropriate statistical correlations and discussions from the findings and literature available.

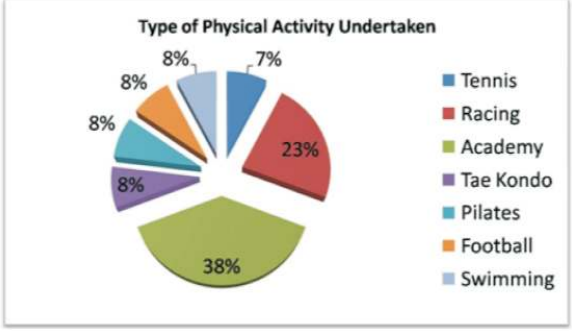
RESULTS AND DISCUSSION

Lawyers were interviewed 29, 15 had undergraduate and 14 graduate students. Mean age 38 ± 11 years. As for the dominant side, 27 were right-handed and two losses.

The World Health Organization (WHO) defines health as a state of perfect physical well-being, mental and social. Thus defined, health becomes the goal that everyone wants to achieve, and work activity to be key to improving the health level. However, working, you can lose your health. A loss of health will result in a lower work capacity and thus decrease the possibilities to improve the standard of health (VIEIRA, 2005).

As for general health indicators 52% did not exercise, those who practiced more than 2x a week, according to a chart the activities performed.

GRAFIC 1.



Regarding the use of computer uses 80% more than three years, and of these 55% were regular use of desktop (desktop) and 45% notebook (laptop).

The desktop computers with the use of health risk of the worker. The United Nations - UN, according to Vieira (2005), acknowledged that the government of each country, a basic right of human condition, has the duty to ensure the health of their workers.

In Brazil, the Technical Standard of the National Institute of Social Security (INSS) introduced the term "DORT"-related musculoskeletal disorders-translated work of literature in Portuguese Work-related Musculoskeletal Disorders in Administrative Order 606, from 05/08 / 98 (Brazil / Social Insurance Board, 1998).

The Normative INSS / DC 98, 2003, which revises the OS 606/98 defines WRMD as:

"A work-related syndrome, characterized by the occurrence of several concomitant symptoms or not, such as pain, numbness, heaviness, fatigue, the insidious onset, usually in the upper limbs, but can affect the lower limbs. Neuro-orthopedic entities defined as tenosynovitis, synovitis, peripheral nerve compression, myofascial syndromes, which can be identified or not. Cause of disability are often temporary or permanent employment.

Result from the combination of overload of the anatomical structures of the musculoskeletal system with the lack of time for recovery.

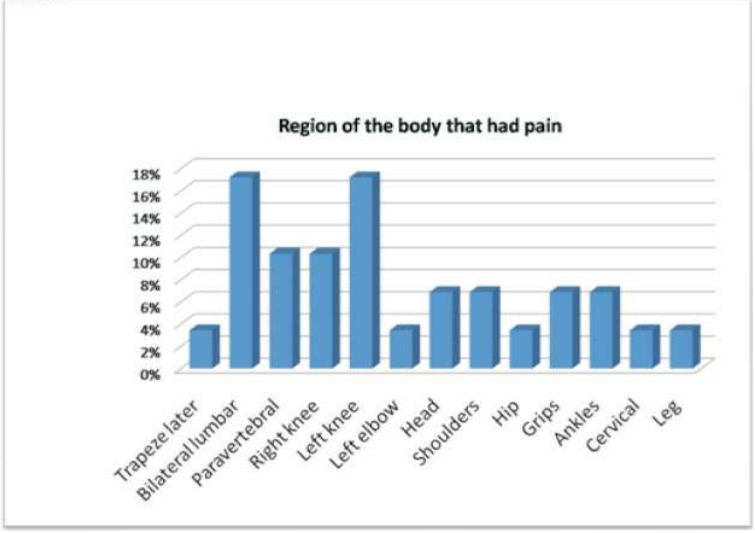
Overloading can occur either by overuse of certain muscle groups in repetitive movements with or without the requirement of localized strain, either by keeping the body segments in certain positions for prolonged periods, particularly when these positions require effort or resistance of musculoskeletal structures against gravity.

The need for concentration and attention of workers to perform their activities and the strain imposed by the work organization, are factors that interfere significantly to the occurrence of WRMD "

According to Couto (1998) the WRMD are defined as functional disorders, mechanical injuries and muscle and / or tendons and / or fascia and / or scholarships joint and bone in the upper extremities, caused by incorrect use of upper limb biomechanics, resulting in fatigue, lower performance in work, temporary disability and, as appropriate, developing into a chronic pain syndrome and at this stage, all aggravated by psychological factors (related to work or not), can reduce the threshold of pain sensitivity of the individual.

Of the respondents, 34% reported pain that day, identifying the regions below as in Grafic 2.

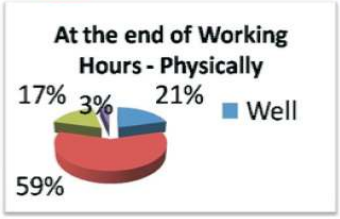
Grafic 2



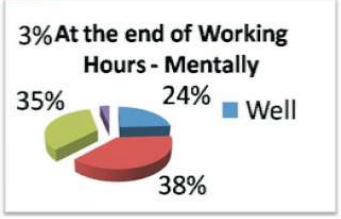
As for taking regular breaks during work, organizational factor, 66% report they do, but 44% do not. Breaks are important for postural change, prevention of WRMD among other factors.

Results concerning the perceived physical and mental at the end of the working day are shown in figures 3 and 4.

Grafic 3

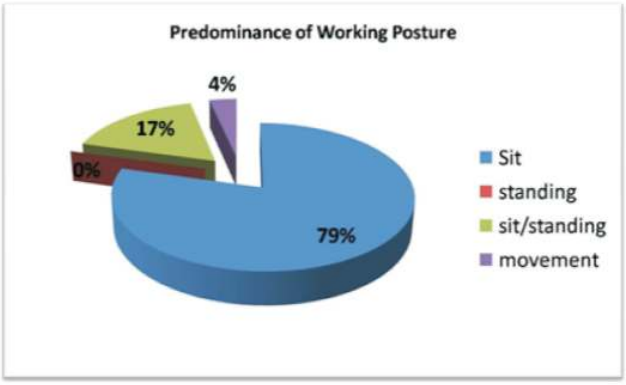


Grafic 4



Quanto ao fator postural, sabe-se que a postura sentada representa um fator de risco para aparecimento de LER/DORT assim como outros problemas, foi constatado que 79% dos advogados trabalham sentados, conforme representa o gráfico 5.

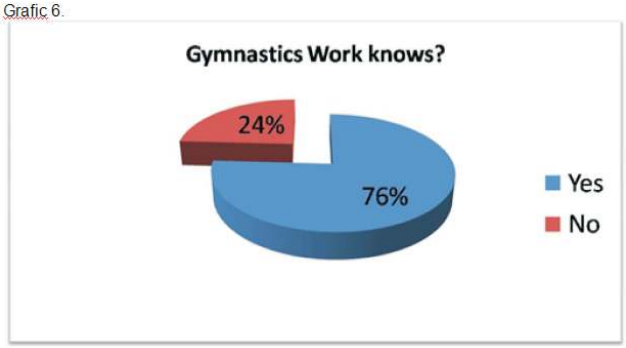
Grafic 5



According to the Ministry of Health (2001) the causes affecting the health of workers are included the social, economic, technological and organizational responsibility for living conditions and occupational risk factors, which are: physical, chemical, biological, mechanical and those arising from work organization. Therefore, the actions of workers' health have focused on changes in work processes that address the health-work relationship in all its complexity, through a multiprofessional, interdisciplinary and intersectoral.

The health worker is intended to promote physical and mental health worker, and also to identify health hazards related to working conditions and environments. The gym work has been recommended as a prevention WRMD, so was asked to lawyers knowledge of its existence, as Grafic 6 results.

Grafic 6



Therefore, all individuals interviewed were asked according to their labor and health indicators were physiotherapy students guidelines on how to maintain or improve your current profile, as they received a brochure about posture, proper positioning before the computer and loading cargo in this case legal proceedings.

CONCLUSION

Through this study realize the importance of collective actions to guide the population on the prevention of Repetitive Strain Injuries and Work-Related Musculoskeletal Disorders should be taken to all workers, regardless of educational level.

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ABSTRACT

Currently, the nature of human work provides a means of comfort and ease to perform the tasks, favoring a sedentary lifestyle, bad posture and repetitive movements. Computer use encourages the development of Repetitive Strain Injury / Work-Related Musculoskeletal Disorders of the characteristics of work. Among lawyers, it appears that everyone must make use of computer, remaining in a seated position much of the work day, exposing them to risk of developing Work-Related Musculoskeletal Disorders. This study is focused on quantity and descriptive in nature. It was held in the lobby of the Civil Court of Curitiba Forum during the event of a Week of Health of the Bar Association of Brazil (OAB) - section of Parana. Was conducted with 29 lawyers who agreed to answer a questionnaire and receive guidance on the risks and means of prevention of Work-Related Musculoskeletal Disorders. Consisted of a structured questionnaire including open and closed. After answering the questionnaire the subjects were guided through folder on posture, proper positioning before the computer and loading of cargo, in this case processes. The results were that 52% of lawyers are sedentary, while 45% work using laptops, 17% feel somewhat tired at the end of the workday and 34% very tired mentally, 79% work in sitting posture and 79% work more than 8 hours per day. We conclude that it is extremely important for collective action orientation of the population regarding the prevention of Repetitive Strain Injuries and Work-Related Musculoskeletal Disorders.

KEYWORDS: lawyers, Prevention, Work-Related Musculoskeletal Disorders

RECOURS COLLECTIF POUR EVITER TOUT RISQUE DE MUSCULO-SQUELETTIQUES TROUBLES TRAVAIL AUX AVOCATS

RÉSUMÉ

Actuellement, la nature du travail de l'homme constitue un moyen de confort et de facilité à exécuter les tâches, en favorisant un mode de vie sédentaire, une mauvaise posture et les mouvements répétitifs. Utilisation de l'ordinateur encourage le développement de troubles musculo-squelettiques / troubles musculo-squelettiques liés au travail des caractéristiques du travail. Parmi les avocats, il semble que tout le monde doit faire usage de l'ordinateur, en restant en position assise une grande partie de la journée de travail, les exposant à un risque de développer des troubles musculo-squelettiques liés au travail. Cette étude est axée sur la quantité et de nature descriptive. Il a eu lieu dans le hall du tribunal civil de Curitiba Forum lors de l'événement de la Semaine de la santé de l'Association du Barreau du Brésil (OAB) - section du Parana. A été menée avec 29 avocats qui ont accepté de répondre à un questionnaire et de recevoir des conseils sur les risques et les moyens de prévention des troubles musculo-squelettiques liés au travail. Composée d'un questionnaire structuré, y compris ouvertes et fermées. Après avoir répondu au questionnaire, les sujets ont été guidés par le dossier sur la posture, le bon positionnement avant que l'ordinateur et le chargement de la cargaison, dans ce processus des cas. Les résultats ont montré que 52% des avocats sont sédentaires, tandis que les travaux de 45% utilisent des ordinateurs portables, 17% se sentent un peu fatigués à la fin de la journée de travail et 34% très fatigué mentalement, 79% travaillent dans la posture assise et le travail 79% plus de 8 heures par jour. Nous concluons qu'il est extrêmement important pour l'orientation des actions collectives de la population concernant la prévention des microtraumatismes répétés et de travail de troubles musculo-squelettiques.

MOTS-CLÉS: avocats, prévention, musculo-squelettiques troubles travail

DEMANDA COLECTIVA PARA PREVENIR EL RIESGO DE ABOGADOS DE TRASTORNOS MUSCULOESQUELÉTICOS RELACIONADOS CON EL TRABAJO

RESUMEN

En la actualidad, la naturaleza del trabajo humano es un medio de comodidad y facilidad para realizar las tareas, lo que favorece el sedentarismo, malas posturas y movimientos repetitivos. Uso de la computadora favorece el desarrollo de lesiones por esfuerzo repetitivo / trastornos musculoesqueléticos relacionados con el Trabajo de las características del trabajo. Entre los abogados, parece que todos deben hacer uso de la computadora, que queda en una posición sentada la mayor parte de la jornada de trabajo, exponiéndolos al riesgo de desarrollar Relacionadas con el Trabajo los trastornos musculoesqueléticos. Este estudio se centra en la cantidad y de carácter descriptivo. Se llevó a cabo en el vestíbulo de la Sala de lo Civil de Curitiba Foro durante el evento de la Semana de la Salud del Colegio de Abogados de Brasil (OAB) - sección de Paraná. Se llevó a cabo con 29 abogados que accedieron a responder un cuestionario y recibir orientación sobre los riesgos y medidas de prevención de trabajo relacionados con los trastornos musculoesqueléticos. Consistió en un cuestionario estructurado que incluya abiertas y cerradas. Después de contestar el cuestionario de los sujetos fueron guiados a través de la carpeta en la postura, la posición correcta antes de que el equipo y la carga de la carga, en este caso los procesos. Los resultados fueron que el 52% de los abogados son sedentarios, mientras que el 45% trabaja con ordenadores portátiles, 17% se siente algo cansado al final de la jornada laboral y el 34% muy cansado mentalmente, el 79% trabaja en la postura sentada y el trabajo 79% más de 8 horas por día. Llegamos a la conclusión de que es muy importante para la orientación de la acción colectiva de la población sobre la prevención de lesiones por esfuerzo repetitivo y los trastornos musculoesqueléticos relacionados con el trabajo.

PALABRAS CLAVE: abogados, Prevención, trastornos musculoesqueléticos relacionados con el trabajo

AÇÃO COLETIVA PARA PREVENÇÃO DE RISCOS DE LER/DORT EM ADVOGADOS

RESUMO

Atualmente, a natureza do trabalho humano proporciona meios de conforto e facilidade para a execução das tarefas, favorecendo uma vida sedentária, movimentos repetitivos e posturas incorretas. O uso do computador favorece o aparecimento de Lesões por Esforços Repetitivos/ Distúrbios Osteomusculares Relacionados ao Trabalho devido às características do trabalho. Dentre os advogados, verifica-se que a todos obrigatoriamente fazem uso de computador, permanecendo na postura sentada grande parte da jornada de trabalho, os expondo ao risco de desenvolverem Distúrbios Osteomusculares Relacionados ao Trabalho. Tal estudo é de cunho quantitativo e de natureza descritiva. Foi realizado no saguão do Fórum Cível de Curitiba, durante o evento da 1ª Semana da Saúde da Ordem dos Advogados do Brasil (OAB) - seção do Paraná. Foi realizado com 29 advogados que aceitaram responder um questionário e receber orientações sobre os riscos e a forma de prevenção das Distúrbios Osteomusculares Relacionados ao Trabalho. Consistiu na aplicação de um questionário estruturado com perguntas abertas e fechadas. Após responderem o questionário os indivíduos foram orientados através de folder sobre postura, posicionamento correto perante o computador e ao carregamento de cargas, neste caso processos. Os resultados foram que 52% dos advogados são sedentários, sendo que 45% trabalham utilizando computadores portáteis; 17% sente-se pouco cansado ao final da jornada de trabalho e 34% muito cansado mentalmente; 79% trabalham na postura sentada e 79% trabalham mais do que 8h por dia. Conclui-se que é de suma importância de ações coletivas para orientação da população quanto à prevenção de Lesões por Esforços Repetitivos e Distúrbios Osteomusculares Relacionados ao Trabalho.

PALAVRAS-CHAVE: advogados, prevenção, Distúrbios Osteomusculares Relacionados ao Trabalho