85 - OCCUPATIONAL HEALTH AND LIFESTYLE: A STUDY WITH WORKERS OF THE OPERATIONAL SECTOR OF *COMPANHIA RIOGRANDENSE DE SANEAMENTO (CORSAN)* IN SANTA CRUZ DO SUL RS.

TATIANA SARAIVA; MIRIAM BEATRÍS RECKZIEGEL;
HILDEGARD HEDWIG POHL.
Universidade de Santa Cruz do Sul, Santa Cruz do Sul, R.S., Brasil
tatysaraiva@hotmail.com

1 INTRODUCTION

The Occupational Health field emerged in Brazil during the 80s, with the compromise of changing the health portrait complex of the population. Its origins are marked by the social movements that are configured as an answer to the specific measures taken by the enterprises and the State, which, in summary, show the difficulty in the adoption of more effective policies in this field. Besides that, the Occupational Health arises as a matter in the fight for democracy, citizenship and for freedom in the workers' organizations. We also highlight that the actors evolved in the field come from the union sectors as well as professionals that, through institutional actions, demonstrate their option for the centrality of the work category (MINAYO-GOMES and THEDIM-COSTA, 1997). Health is a condition that boards diverse aspects of the human being. The health concept is broad and cannot be summarized as the lack of diseases, although this is the association that many people do: not being ill means being healthy. This simplified vision also disturbs the concept of health at work because people only find out that a physical, social and psychological environment is inadequate as they manifest some signs or disease symptoms (MENDES and LEITE, 2004).

Desolated by the ghost of unemployment, the Brazilian worker looks for the maintenance of the job, at any cost. Pressured by these situations, the workers have to live with daily threats to their health, such as stress, Repetitive Strain Injury (RSI) or Work-Related Musculoskeletal Disorders (WMSD), cardiac and gastric problems, caused or aggravated by the work. The majority of workers does not have health plans that cover their own and their family's treatment, and depend on the *Sistema Único de Saúde (SUS)* (O'NEILL, 2000).

Before the constitution of the Occupational Health field in Brazil, the studies that articulated health and work were linked, predominantly, to the Labor Medicine and worker's health. These, however, did not present instruments to deal with the so called “work organization”, that is, the rhythm, the hierarchy, the shifts, the work division, etc. Besides, these approaches proposed an exclusive action over the individual, either in the diagnostic, or in the treatment of organic problems, revealing its markedly positive character. The work impacts over the body of the individual are not unconsidered in the Occupational Health, but, beyond that, there is space in this approach for the subjectivity, to the knowledge and perception of workers in respect to their activities, and so it started to consider all this in the interventions and interpretation of the reality (LACAZ, 1996).

The intensification of the vigilance in the Occupational Health is needed, looking for a higher intervention in order to promote the norm fulfillment, monitoring the cases, improvement in the work environment and the reduction in the risk of diseases and work accidents. There is lot to build in the Occupational Health area, but this way is not so arid. There are some high relevance accomplishments and so they must be stimulated. The Brazilian worker has the right to a dignified life quality, and that is only possible with a health system that treats them with dignity. The measures of the Health Policies Bureau (*Secretaria de Políticas da Saúde*) represent the beginning, which may consolidate a series of more extensive and useful accomplishments (O'NEILL, 2000). Due to the importance of these factors and the lack of information in the occupational health, the Occupational Health and Lifestyle Project is being developed: Physical aptitude, nutrition and risk factors in diseases among the different occupations, in which this study is inserted.

In this perspective, the objective of this study is to define the lifestyle and well-being of workers of the operational sector of *Companhia Riograndense de Saneamento (Corsan)* in Santa Cruz do Sul/RS.

2 INVESTIGATION METHOD

The present research was done at *Companhia Riograndense de Saneamento* (CORSAN) Enterprise, in the operational sector, with a total of 17 workers, among which 16 were male and 1 was female, with the age range between 27 to 57 years-old, in the Municipality of Santa Cruz do Sul.

To the data collection, blocks of questionnaires were used from the Occupational Health and Lifestyle Project: Physical Aptitude, Nutrition and Risk Factors in diseases in different occupations, specifically: Identification and Social and Economic Indicators (Block A) from the last one, only the schooling question was used; Daily organization (Block B); Health indicators (Block D); General aspects of the Lifestyle and Well-being (Block G), in order to characterize the research subjects as to their lifestyle and health.

3 PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS

The Health and Lifestyle indicators of the CORSAN workers, of the operational sector in Santa Cruz do Sul, in a total of 17 workers, among which 16 were male and 1 female, are presented next, highlighting the aspects related to their daily habits.

We observed that among the workers, the masculine gender predominates with a total of 94.1%, in which 59% is situated in the age range from 47 to 56 years-old, among which 76.5% is married, 70.6% has children, and 35.3% has finished Elementary School and 29.4% the undergraduate degree.

Table 1- School Level

Variables	Quantity	%
Illiterate/Elementary School (up to 4th grade)	2	11,7
Elementary School complete/Junior High School incomplete	6	35,3
Junior High School/High School incomplete	2	11,8
High School incomplete/Undergraduate degree incomplete	2	11,8
Undergraduate degree complete	5	29,4
Total	17	100

We verified, as to the Daily organization, all workers are in the normal shift, and 76.5% use their cars when they move from home to work. In relation to the physical discomfort or back pain, 82.4% of the subjects present this characteristic. As to the standing posture, 70.6% of workers adopt it outside work. Added to it, 94.1% of the subjects do not have another remunerated activity and 70.6% do not adopt the seated posture in their workplace.

As observed in table 2, the predominant posture adopted by workers in their workplace is the standing position, as referred by 53% of the subjects.

Table 2- Posture at work

Variables	Quantity	%
Standing	9	53,0
Seated	4	23,5
Alternation of seated/standing	4	23,5
Total	17	100

It was also testified that 47.1% of subjects feel good by the end of journey (Table 3)

Table 3- Sensation at the end of the journey

Variables	Quantity	%
Well	8	47,1
Tired	6	35,3
Exhausted	2	11,8
Did not answer	1	5,8
Total	17	100

In relation to the Health Indicators, 58.8% of subjects did not need to recur to ambulatory treatment and 52.9% was not involved in work accidents. In respect to the health, 41.2% of subjects mentioned problems. In relation to diseases in the family, 35.2% of the subjects informed that this is from the paternal origin, predominately circulatory diseases and cancer and, 35.4% of maternal origin, with emphasis to hypertension, diabetes and cancer.

According to table 4, we observe that workers have adequate sleeping habits, once 47.1% sleeps 8 hours a night, characterizing a healthy habit.

Table 4 Sleeping habits

Variables	Quantity	%
5 hours	2	11,8
6 to 7 hours	4	23,5
8 hours	8	47,1
9 hours	3	17,6
Total	17	100

In relation to the weight, we observe in the table 5 that 47.1% are satisfied with their weight and 47.1% are not satisfied and would like to reduce it.

Table 5- Weight satisfaction

Variables	Quantity	%
Yes	8	47,1
No (would like to gain)	1	5,8
No (would like to reduce)	8	47,1
Total	17	100

As to the smoking habit, we verified that 41.2% of subjects have never smoked and 23.4% stopped smoking at least two years ago (Table 6).

Table 6- Smoking habit

Table 6- Smoking habit

Variables	Quantity	%
I have never smoked	7	41,2
I stopped smoking at least two years ago	4	23,4
I stopped smoking in the last two years	2	11,8
I smoke last than tem cigarettes a day	2	11,8
I smoke from tem to twenty cigarettes a day	1	5,9
I smoke more than twenty cigarettes a day	1	5,9
Total	17	100

We observe that in table 7, the ingestion of booze is frequent to 41.2% of the subjects, while 35.3% do not ingest it. In relation to the medicine consummation, 64.7% do not do it.

Table 7- Consummation of booze

Variables	Quantity	%
No	6	35,3
Rarely	4	23,5
Frequently	7	41,2
Total	17	100

In table 8, which relates the perception of physical discomfort, we verified that 23.6% of the subjects feel discomfort in the lower back region, and when the spine is concerned, 58.8% of workers made reference to discomfort in the back.

In relation to the pain perception, we verified that 23.5% of the subjects showed pain in the left knee, which can be related to the adopted posture at work, however, the back pain was related by 41.2% of subjects. The back pain presence, the health problem was mentioned by 35% of workers, in research done in Europe about the work conditions in 2002 (MERILIÉ E PAOLI, *apud* APTEL and CNOCKAERT, 2002). 17,6 3

Table 8- Discomfort and pain perception

Variables	Discomfort perception		Pain perception	
	Quantity	%	Quantity	%
Neck	2	11,8	2	11,8
Upper Back	3	17,6	3	17,6
Medium Back	3	17,6	2	11,8
Lower Back	4	23,6	2	11,8
Right Knee	2	11,8	3	17,6
Left Knee	3	17,6	4	23,5
Does not apply	0	0	1	5,9
Total	17	100	17	100

In terms of synthesis, the aspects related to the Lifestyle and Well-being that can be highlighted are: transportation, 35.3% walk or pedal; the knowledge and control of the blood pressure and cholesterol, 52.9% of the interviewed know and always control them; for the smoking and booze, 41.2% never smoked and did not ingest booze. On the other hand, as to the social aspects in respect to traffic regulation, 64.8% say that they respect them; in reference to the relationships, 58.8% always cultivate friendships and are satisfied with their relationships; while, 47.1% include, in their leisure, meetings with friends. We observed that 35.3% of subjects seek being active in their communities and 70.6% of subjects save time or sometimes 5 minutes to relax, and 47.1% of the interviewed subjects balance sometimes their time dedicated to work with the time dedicated to the leisure.

In reference to food, the fruit and vegetables portion consumed, fat food rejection and the number of daily meals

aspects were observed. In the first variable, 47.2% of the subjects in the research include, sometimes, five portions of fruit and vegetables (Table 9).

Table 9 Consumption of fruit and vegetables

Variables	Quantity	%
Never	3	17,6
Sometimes	8	47,2
Generally	3	17,6
Always	3	17,6
Total	17	100

In the second aspect, that is, as to the fat food ingestion, 29.4% and 35.4% of the subjects of the research avoid, respectively, always and sometimes this food (Table 10)

Table 10- Fat food ingestion

Variables	Quantity	%
Never	3	17,6
Sometimes	6	35,4
Generally	3	17,6
Always	5	29,4
Total	17	100

At last, as to the number of daily meals, 41.2% of the subjects never have from 4 to 5 varied meals per day, while 35.4% do it sometimes (Table 11).

Table 11- Number of varied meals

Variables	Quantity	%
Never	7	41,2
Sometimes	6	35,4
Generally	2	11,8
Always	2	11,8
Total	17	100

In relation to the practice of physical activities, they were questioned about the weekly frequency of strength and stretching exercises, and 35.2% of the subjects practice at least 30 minutes of physical activities per day (always or generally) (Table 12).

Table 12- Practice of physical activities

Variables	Quantity	%
Never	8	47,2
Sometimes	3	17,6
Generally	3	17,6
Always	3	17,6
Total	17	100

In relation to the frequency in the week, 52.9% of the subjects practice strength and stretching exercises at least twice a week (Table 13).

-

Variables	Quantity	%
Never	2	11,9
Sometimes	3	17,6
Generally	3	17,6
Always	9	52,9
Total	17	100

In the stress level aspect, 47.1 and 41.2% can, generally and sometimes, respectively, discuss without changing their mood (Table 14)

Table 14- Participate in a discussion without changing their mood

Variables	Quantity	%
Never	2	11,7
Sometimes	7	41,2
Generally	8	47,1
Total	17	100

In synthesis, the results show that subjects feel discomfort or pain, mainly in the back and in the left knee, which can be related to the type of work activity developed by them, once they act in the operational sector. In relation to the life habits, we observed that in food, 47.2% include, sometimes, five portions of fruit and vegetables, although 41.2% of the interviewed do not have four to five varied meals per day. These indicators point out to the need of an intervention in the sense of contributing to the acquisition of healthier food habits. According to the Health Ministry, the risk factors such as smoking, sedentary life and inadequate food represent “more than 50% of the total risk of developing a chronic disease”, demonstrating a more effective cause relation than genetic and environmental factors (BRASIL, *apud* MARTINS, 2008). Also, Gonçalves and Vilarta (2004) agree that 50% of the diseases and medical problems can be related to the health risk factors, due to auto-determined habits and attitudes or influenced by the social means. As to the physical activity, 52.9% does strength and stretching exercises twice a week, what is associated with the offer of Healthcare professionals' services in the work sector, pointing out to the importance of the co-management in the awareness and construction of a more active life. In a certain way, the implantation of the Healthcare service is reflected by the indices of aerobic exercises practice (35.2%), although it is possible to expand this number. As to the social relationships, we observe that subjects cultivate friends and are satisfied with their relationships. Besides this, many workers can have discussions without changing their moods and balance their time dedicated to work and leisure, indicating a certain stress control.

At last, we may highlight that nutrition, regular physical activity, the balance of time and rest, leisure and amusement spaces, work that enables the realization and social insertion are factors that can affect the health and well-being, in short and long term, influencing positively or negatively. As negative influence, are some habits such as smoking, alcohol, drugs, stress and social isolation, sedentary life and intensive and repetitive efforts, which can be modified in the majority. In the positive side are situated the stress control, balanced nutrition, regular physical activity, preventive care and the cultivation of social relationships, factors that are linked, complementary and efficient in the prevention and in the disease control (NAHAS, 2003). Therefore, good food habits and an active life are fundamental in programs turned to the health promotion because they inhibit the arisen of organic alterations associated to the generative process, as well as in the rehabilitation of determined pathologies (GUEDES e GUEDES, 2006). In this sense, to have trustful and updated information that may aid the decision-taking, objective of the present project, is fundamental in the attempt to reach the efficiency in the primary health care.

4 CONCLUSION

Throughout this study, we presented some results related to the aspects in the daily organization, health, lifestyle and social relationship indicators. Initially, we observed in the dialy organization part that the worker's posture is predominantly the standing position and that in the end of their journey they feel fine. However, there is the presence of discomfort or back pain. In relation to the health indicators, part of the workers sleep an average of 8 hours per night; the majority does not use medication and does not present health problems.

In general aspects of the lifestyle and well-being, we observed that the food habits rarely attend to the nutritional recommendations such as: have 5 daily portions of fruit and vegetables, avoid fat food**,** and have 4 to 5 varied meals every day. In relation to the physical activity, they do strength exercises, at least twice a week, as well as stretching exercises, which are done in the Healthcare activity done by the professional in the enterprise. In relation to the preventive care, they seem to be worried with their health, once they know and control cholesterol and blood pressure.

In the social dimension, they show satisfaction with their relationships, and want to cultivate friends and have their presence in their leisure moments. In this direction, the stress control, such as complementary behavior in their lifestyle also indicated positive aspects, once they can discuss without changing their moods, equilibrating the time dedicated to work and leisure.

In a general sense, the investigated subjects presented healthy habits in relation to the preventive care, as to the physical activity and social relationships, neglecting, though, the nutritional aspects. The workers' profile analyzed in this study may not reflect the reality of the labor world, which makes us recommend the promotion of interventions in occupational health in other scenarios.

Key words: occupational health**,** lifestyle, health status indicators.

REFERÊNCIAS

APTEL, M.; CNOCKAERT, J. C. Stress and Work-Related Musculoskeletal DIsordes of the upper extremities. **European Trade Union Institute**, UK, sep. 2002, TUTB Newsletter n°19-20.

GONÇALVES, Aguinaldo; VILARTA, Roberto (Org.). *Qualidade de vida e atividade física: explorando teoria e prática.* Barueri: Manole, 2004.

GUEDES, Dartagnan Pinto; GUEDES, Joana Elisabete Ribeiro Pinto. *Exercício Físico na promoção da Saúde*. Londrina: Midiograf, 1998.

LACAZ, F. A. C. de. *Saúde do trabalhador:* um estudo sobre as formações discursivas da academia, dos serviços e do movimento sindical. Tese de doutorado. Departamento de Medicina Preventiva e Social, Faculdade de Ciências Médicas, Unicamp, Campinas, 435 p., 1996.

MARTINS, Caroline Oliveira. *Programa de promoção da saúde do trabalhador* 1 ed. Jundiaí, SP: Fontoura, 2008.

MENDES, R. A; LEITE, N. *Ginástica Laboral:* Princípios e Aplicações Práticas . São Paulo: Manole, 2004.

MINAYO-GOMEZ, C.; THEDIM-COSTA, S. M. da F. *A construção do campo da saúde do trabalhador:* percurso e dilemas. Cad. Saúde Pública**.** Rio de Janeiro, vol.13, supl.2**,** 2007. Disponível em: http:www.scielosp.org/scielo. Acesso em: 10 Sep. 1997.

NAHAS, Markus Vinicius. *Atividade física, saúde e qualidade de vida:* conceitos e sugestões para um estilo de vida ativo. Londrina: Midiograf, 2003.

O'NEILL, J. M. *As novas conquistas da saúde do trabalhador.* Folha de São Paulo: São Paulo, 02 abr. 2000. Disponível em: http:www2.uol.com.br/prevler/Artigos/art-fsp02abr.htm. Acesso em: 25 jul. 2007.

Rua Conselheiro Trockel, nº466, Bairro Verena, Santa Cruz do Sul/RS/BRASIL.
Fone: (51)98140775, tatysaraiva@hotmail.com

OCCUPATIONAL HEALTH AND LIFESTYLE: A STUDY WITH WORKERS OF THE OPERATIONAL SECTOR OF COMPANHIA RIOGRANDENSE DE SANEAMENTO (CORSAN) IN SANTA CRUZ DO SUL RS.

The objective of this study was to define the lifestyle and well-being of workers of the operational sector of Companhia Rio Grandense de Saneamento (CORSAN). Seventeen workers participated in the research, among which sixteen were male and one female, with age range from 27 to 57 years-old, all from Santa Cruz do Sul/RS. The methodological approach was characterized as study of the descriptive-exploratory type, being an integrant part of the Occupational Health and Lifestyle Project, approved by the Ethics Committee at Universidade de Santa Cruz do Sul UNISC. In the data collection, blocks of the referred project were used, referring to the Identification, social and economical indicators; Daily organization; Health indicators; General aspects of lifestyle and well-being, aiming at characterizing the lifestyle profile and worker's health. The data were analyzed within blocks, through the descriptive statistics, pointing out, in relation to the food, that 47.2% of the subjects include, sometimes, five portions of fruit and vegetables, although 41.2% of the interviewed do not have four to five varied meals daily. In relation to the physical activity, 52.9% do strength exercises and stretching twice a week and approximately the same number does aerobic exercises. As to the social relationships, they cultivate friendships and are satisfied with their relationships. In the preventive aspects, they can discuss without changing their mood and balance the time dedicated to work and leisure. We highlight that the investigated subjects show healthy habits in relation to the preventive cares, in relation to the physical activity and social relationships, neglecting, however, in the nutritional aspects. The profile of the analyzed workers in this study may not reflect the reality of the labor world, which recommends the interventions of promotion of the occupational health in other scenarios.

Key words: occupational health**,** lifestyle, health status indicators.

SANTÉ DU TRAVAILEUR ET STYLE DE VIE: UN ÉTUDE AVEC LA PARTICIPATION DES TRAVAILLEURS DE LA COMPAGNIE PRIVÉE DE DISTRIBUTION ET TRAITEMENT DES EAUX (CORSAN), DU SECTEUR OPÉRATIONNEL DE SANTA CRUZ DO SUL/RS

Cet étude a eu pour objectif de définir le style de vie et le bien-être des travailleurs de la CORSAN, secteur opérationnel. Dix-sept travailleurs on participé de la recherche, soit seize personnes du sexe masculin et une feminin, tous âgées entre 27 et 57 ans et originaires de Santa Cruz do Sul/RS. L'étude comme caractéristique descriptif exploratoire, étant partie du project Santé du Travailleur et Style de Vie, approuvés par le comitê d'éthique de l'Université de Santa Cruz do SulUNISC. Dans la collecte de données ont été utilisées blocs du project mentionné: l'identification et aux indicateurs sócio-economiques; l'Organization du quotidien; Indicateurs de Santé; Aspects générales du style de vie et bien-être, en cherchant caractériser la façon du style de vie et santé des travailleurs. Les résultats on été analisés intra-blocs, à travers la statistique

déscriptive, mentionnant, en ce que concerne l'alimentation, 47,2% des sujects incluent parfois cinq portions des fruits et légumes, tandis que 41,2% des travailleurs interviewés ne prennent pas de quatre à cinq repas varies journalièrement. En ce que concerne l'activité physique, 52,9% font des exercices de force et d'allongement deux fois par semaine et pratiquement le même pourcentage pratiquent des activités aérobiques. En relation aux activités sociales ils aiment faire des amis et sont heureux avec leurs relations. Concernant les pratiques preventives, ils échangent des idées et discutent et également ils équilibrant le temps dédies au travail avec loisirs. Aussi, les personnes qu'ont participé à cet étude ont présenté des habitudes salutaires et prévéntion, aux activités physiques et les relationements sociaux , laissant en deuxième plan les aspects nutritionnels. Le profil des travailleurs qui ont participé à cet étude ne correspond pas à la réalité d'autres travailleurs, ceci nous amène à recommander les interventions pour promouvoir la santé du travailleur.

Mots-clefs : santé du travailleur, style de vie, indicateurs de santé

SALUD DEL TRABAJADOR Y ESTILO DE VIDA: UN ESTUDIO CON LOS TRABAJADORES DE LA COMPAÑÍA RIOGRANDENSE DE SANEAMENTO (CORSAN), DEL SECTOR OPERACIONAL DE SANTA CRUZ DO SUL RS.

Este estudio objetivó definir el estilo de vida y bienestar de los trabajadores de la (CORSAN), sector operacional. Hicieron parte de la encuesta, 17 trabajadores, siendo dieciséis del sexo masculino y uno del femenino, con edades entre 27 y 57 años, de Santa Cruz del Sur/RS. El abordaje metodológico se caracterizó como estudio descriptivo exploratorio, constituyéndose parte integrante del proyecto Salud del Trabajador y Estilo de vida, aprobado por el comité de ética de la Universidad de Santa Cruz del Sur UNISC. En la colecta de datos fueron utilizados los bloques A, B, D y G del referido proyecto, referentes a la identificación e indicadores socioeconómicos; organización del cotidiano; indicadores de salud; aspectos generales del estilo de vida y bienestar, buscando caracterizar el perfil del estilo de vida y salud de los trabajadores. Los resultados fueron analizados intra bloques, a través de estadística descriptiva, apuntando, en relación a la alimentación, 47,2% de los sujetos incluyen, a veces, cinco porciones de frutas y hortalizas, aunque el 41,2% de los entrevistados no realicen de cuatro a cinco refecciones variadas diariamente. En relación a la actividad física, el 52,9% realizan ejercicios de fuerza y precalientamiento dos veces por semana y con esta misma frecuencia practica ejercicios aeróbicos. Cuanto a la vida social, cultivan amigos y están satisfechos con sus relacionamientos. En los aspectos preventivos consiguen discutir sin alterarse y equilibran el tiempo dedicado al trabajo y al ocio. Se resalta que las personas investigadas presentaron hábitos saludables en lo que dice respeto a cuidados preventivos, cuanto a la actividad física y a los relacionamientos sociales, descuidando, sin embargo, los aspectos nutricionales. El perfil de los trabajadores analizados en ese estudio puede no reflejar la realidad en el mundo laboral, lo que lleva a recomendar intervenciones de promoción de la salud laboral.

Palabras clave: salud laboral, estilo de vida, indicadores de salud.

SAÚDE DO TRABALHADOR E ESTILO DE VIDA: UM ESTUDO COM OS TRABALHADORES DA COMPANHIA RIOGRANDENSE DE SANEAMENTO (CORSAN), DO SETOR OPERACIONAL DE SANTA CRUZ DO SUL- RS.

Este estudo objetivou definir o estilo de vida e bem-estar dos trabalhadores da Companhia Riograndense de Saneamento (CORSAN), setor operacional. Foram sujeitos da pesquisa 17 trabalhadores, sendo dezesseis do sexo masculino e um do feminino, com idades entre 27 a 57 anos, de Santa Cruz do Sul/RS. A abordagem metodológica caracterizou-se como estudo descritivo exploratório, constituindo-se parte integrante do projeto Saúde do Trabalhador e Estilo de vida: Aptidão Física, Nutrição e Fatores de Risco nas diferentes ocupações, aprovado pelo comitê de ética da Universidade de Santa Cruz do Sul-UNISC. Na coleta de dados foram utilizados os blocos A, B, D e G do referido projeto, referentes à Identificação e Indicadores sócios econômicos; Organização do cotidiano; Indicadores de saúde; Aspectos gerais do estilo de vida e bem-estar, buscando caracterizar o perfil do estilo de vida e saúde dos trabalhadores. Os resultados foram analisados intra-blocos, através de estatística descritiva, apontando, em relação à alimentação, que 47,2% dos sujeitos incluem, as vezes, cinco porções de frutas e hortaliças, embora 41,2% dos entrevistados não realizem de quatro a cinco refeições variadas diariamente. Em relação à atividade física, 52,9% realizam exercícios de força e alongamento duas vezes por semana e aproximadamente o mesmo número pratica exercícios aeróbicos. Quantos aos relacionamentos sociais, cultivam amigos e estão satisfeitos com seus relacionamentos. Nos aspectos preventivos, conseguem discutir sem alterar-se e equilibram o tempo dedicado ao trabalho com o lazer. Ressalta-se que os sujeitos investigados apresentaram hábitos saudáveis no que tange a cuidados preventivos, quanto à atividade física e aos relacionamentos sociais, descuidando, no entanto os aspectos nutricionais. O perfil dos trabalhadores analisados nesse estudo pode não refletir a realidade do mundo do trabalho, o que leva a recomendar intervenções de promoção da saúde do trabalhador em outros cenários.

Palavras-chave: saúde do trabalhador, estilo de vida, indicadores de saúde.