109 - RELATIONS BETWEEN THE QUALITY OF WORK LIFE AND THE INCIDENCE OF PAIN IN THE HOUSEHOLD COLLECTORS TIP MUNICIPALITY OF PONTA GROSSA - PARANÁ: INITIAL NOTES

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doi: 10.16887/85.a2.109

INTRODUCTION

Although life at the beginning of this century will become easier due to the facilities that the machines, electronic industrialization gives us, we can see a greater physical exhaustion of the people. FARMS (1990)

The man from the earliest times has suffered from stress at work whether physical or mental, the charges made by the chiefs to meet goals always trying to improve productivity and product quality in a given time, causes the wear is much higher, thus the pain complaints for work reasons are frequent.

Currently there is much talk in quality of life of employees within and outside the company, since most of these are concerned with achieving greater productivity go unnoticed some important aspects that will bring future benefits to the company.

According to Jean Bartoli, consultant, philosopher and professor of various business schools, talks about the evil of some companies only think about getting the most profit worrying only with the financial results, not valuing the job done, discouraging employees .

The income does not depend only on a salary in return for the work done, but rather the high esteem in taking a position in the company, the employee needs to be aware of how important he is in his office, and what part of your work will be contributing to the growth of the company.

> Simply offer physical activity program, fitness room [...] massage or yoga sessions, without considering the deeper aspects that determine the behavior of people, bring results often disappointing (Ogata, ALBERTO et al, 2012, p. 8).

"According to Ogata (2012, p. 8), in this context, improving the health and well - being of people involved programs with cross-cutting approaches and inter-sectoral, multidisciplinary with affective cost actions and based on scientific evidence."

This will result in benefits to the company with a better employee performance, improving the individual socially. As we know, the quality of life and health depends not only on physical factor, but emotional and social, because, according to the World Health Organization "(...) health is a complete state of physical well-being, mental and social, not merely the absence of disease. "(WHO)

This time in analyzing if modern work, it is observed that in most cases he is concerned only in getting greater productivity, without considering the needs, possibilities and limitations of being human. (FARMS, 1990, p.105). In general, this research aimed to fact turn out to verify the incidence of pain in body parts in household collectors of the city of Ponta Grossa, as well as their quality of life and health relationships.

To that end, we attempt to present an overview of the risk of injury due to working conditions and also analyze and quantify the workers with some kind of discomfort / muscle pain and the degree of intensity, demonstrating the reality of home visits to Rush county thick.

LITERATURE REVIEW

1- Quality of Life at Work

There is now some concern in large organizations incorporating formal practices of activity programs and exercise as a means of prevention, that, due to the absences of number of employees for incapacity for work, and such a situation seen as a very high cost, providing opportunities for large employee turnover between sectors, which leads to no man and machine adaptation to work in harmony.

> The concern with ergonomics in the workplace has assumed importance in business since it was named one of the major determinants of absenteeism. In addition to generating costs as a result of these departures, there is also decrease the quality of life of workers in their psychological and social effects. Save & Theodoro 2004 p.138. cited MAULER 2001.

When discussing quality of life at work, we discuss about quality of life of employees, because the physical and mental well-being should be working in harmony, not just by the gratification with a salary for the work done, but the employee know in which part your effort contributes to the development of the company and how important their role acting in it, so that your work has a sense.

According Cavassani (2006) the investment made to improve the working environment can not be considered as a cost in the sheet accounts but as an investment made to improve the health and safety of employees, as the cost to the prevention comes out very cheaper than the strike days of incapacity for work reasons.

Large companies should not think only of profits and financial returns, imposing goals for employees and requiring that objectives are achieved at any cost. Santos (2001) reports that, "The staff, in order to ensure their wages and jobs, are required to achieve targets imposed, subject to the constant locomotor complications such as postural discomfort and pain." (SANTOS, 2001 apud GAGLIARDI & RABELLO THEODORO, 2004, p. 138).

According to Silva (2010) p.2 cited IIDA 2005 "Workers' health is considered when the activities carried out during the work do not exceed their limits, avoiding stressful situations, accidents and occupational disease risks."

Quality of life at work "is a concept [...] to improve the lives of employees within institutions, so that they have greater involvement in work and less stress and exhaustion." (Ogata & Simurro, p.7. DOLAN, 2006).

Based on this principle can be seen that there are many factors involved that can compromise the health of employees, only the charges made by the best performance may have consequences to professional life when social, with the

individual to be absent from their duties by reason of illness is physical or mental.

Thus, deploy quality of life programs within companies is of utmost importance, creating habits that will benefit both the professional and social life, providing opportunities for employees to new experiences, reinforcing the collective and competitive spirit.

The related gain on the productivity and quality can significantly increase due to the quality of life programs, be it with physical activity, motivational talks, leisure within the company, among others.

2- The Household Collection: Aspects of Your Organization

The collection of urban waste is carried out by several teams of collectors which are divided into trucks called "trims" the teams are made up of a driver and three collectors.

All collectors and company drivers are divided into two fixed, day and night shifts where every turn is responsible for collecting garbage in a particular sector of the city, the turn in the morning consists of sixteen drivers and forty collectors, the night shift consists of sixteen and forty-one drivers collectors.

The home collection serves the entire urban area of the city of Ponta Grossa, so 100% of the population will support this service, the collection is performed by thirteen teams at every turn, each trim always answer the same area and the same neighborhoods with a fixed itinerary to make the collection, thus favoring often the work of the collector because the knowledge of where will be held, avoiding unexpected gifts at work.

The collection is carried out from Monday to Saturday in two shifts, with clearance for all collectors on Sundays and holidays. Usually with off over the weekend the garbage accumulation in all sectors of the city increased significantly mainly in the central region where there is a larger number of trades, bars, snack bars.

METHODOLOGY

This field of research which the observation facts and phenomena exactly as they occur in real reported its data collection, analysis and interpretation of data, based on a consistent theoretical framework in order to understand and explain the researched problem.

In the research in question are used Salamon notes (1999), featuring it in a exploratory research format forward to your goals and case study ahead of its technical procedures adopted, a fact that enables us to clarify many doubts before the search by bringing the results more clearly. The collection site was a company in the city of Ponta Grossa - PR that fulfills the function of household waste collection. The sample consisted of forty (40) male collectors aged twenty (20) to forty (40) years, which represented 100% of actual collectors of a shift of the company without any abstention. The instruments used were the questionnaire QVS / 80 and the diagram of Corlett and Manenica (1980), the data collection carried out in a period of seven (7) days, in the workplace itself before the effective day of atividades.Foram distributed instruments mentioned for each collector, which was oriented as it should be filled.

PRESENTATION AND DISCUSSION OF RESULTS

Occupational pain problem affects much of the population, one of the main causes that more workers away from their activities for reasons of incapacity for work. Achour Jr. (1996) cited Trossier, (1994) emphasizes that "(...) the pain of spinal column problems affect 80% of people in industrialized countries, in some moments of life."

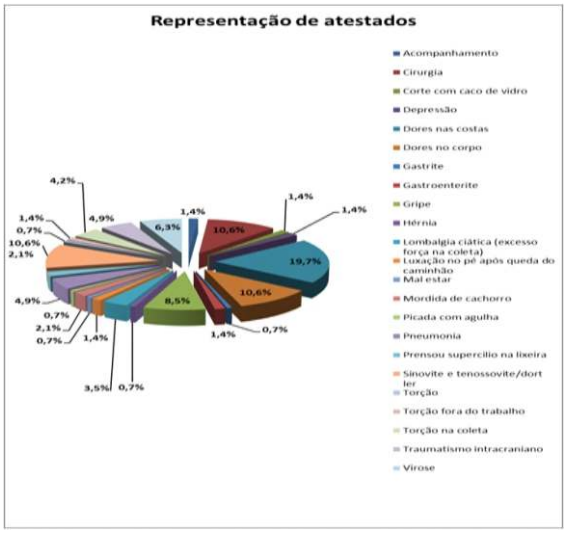
For businesses, the fact that staff does not always mean having them working at all times during working hours. The absences of employees to work distort when referring to the volume and availability or delay in the work.

Studies show that the relationship between X causes absenteeism consequences, is the allocation of professional competence of the people and their motivation to work, as well as internal and external factors to work.

The motivation for attendance is affected by organizational practices, such as rewards and punishments to absenteeism. Successful organizations are encouraging and discouraging the presence absence from work through management and cultural practices that emphasize participation, while developing attitudes, values and goals of officials in favor of participation, thus generating greater satisfaction on the part of employees.

Removals related to home visits to Municio of Ponta Grossa-PR show some work accidents having direct relation with garbage pickup, cited by some authors as one of the most common, namely the cuts with broken glass, perforated with needles, chopped of venomous animals, dog bites, drilling with nail, among others.

For accidents out of work involving the collectors not being directly related to the garbage collection process, but that somehow damaged the health and were reasons for absenteeism, namely, bicycle falls on the way to work, flu , gallstones, food poisoning, diarrhea, dentist, among others. Importantly, body aches were one of the reasons for absenteeism with reports of cases in each month; having direct relation with the objective researched.



CONCLUSION

The research led to the realization that there is the pain of record in numerous segments of the body of respondents collectors, these pains that make direct reference to the collection of household waste process, these being most responsible for absenteeism in the analyzed company.

Regarding the percentage of raised pains, it was found that spinal coluva is the main area claimed by the target audience of this research, and can relate this fact to the different situations and times when excessive load (weight and volume of waste landfilled) are added to the repetitive movements of lowering and raising, rotate, pull such loads are associated with the repeatability of these function in shares of "take" inappropriate postures often in the course of the working day.

Another important fact to be measured is the employee turnover that the company has, since of all the analyzed sample, only four (4) total more than five (5) years with the company.

There was also the observation that after working hours leisure time is compromised due to the wear brought along the daily working hours, in addition, there is a compensatory practice ace actions taken, which ultimately generate high degree of fatigue the collectors, and this is known to considerably increase the chances of musculoskeletal and ligament injuries.

Despite the pain reported as a function of labor practiced, accidents with materials discarded by the people present themselves as a second generator factor of "problems" to these collectors, and dog bites, truck falls, sprains because the shift in heels truck depot, strong beats of the lower limbs in the truck tank trough, crushing body segments, among others.

It is then shown that there is much need to establish an effective program of compensation and recovery after working hours, therefore, evident was that the physical and mental strain collector exceeds, on most days, the limit of "acceptable" and any type of action directed at this audience needs a lot of attention and organization, because otherwise, the actions that should be of prophylaxis and compensation, become degenerative been further complicate the physical and organizational structure of this population.

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RELATIONS BETWEEN THE QUALITY OF WORK LIFE AND THE INCIDENCE OF PAIN IN THE HOUSEHOLD COLLECTORS TIP MUNICIPALITY OF PONTA GROSSA- PARANÁ: INITIAL NOTES

ABSTRACT

The present study aimes to ascertain the quality of life and health, as well as the incidence of muscle pain in the garbage men of Ponta Grossa, state of Parana. This research was conducted using two valid instruments for data collection: the diagram's Corlett and Manenica and the questionnaire for assessing quality of life and health. The subjects who responded to the survey had an average age between twenty to forty years, and an the whole of a shift conducted the survey, finishing in forty employees with active participation and no abstention. The occupational risks present in the lives of those workers, because of the way they work, are massive. Given the many factors that can compromise the health of themselves, as direct contact with waste collected from domiciles, concerns about traffic, exhaustion, fatigue, solar radiation, exposure to climate change, noises, slopes and ground uphill, among other compromising factors. Is evident that the risk of injury, the type of work performed, are very big. Mostly due to run at a fast rhythm, causing greater stress on joints and spine. This way, check how it presents evidence of pain in some body segment of the garbage men, as well as their quality of life and health is what motivated this research to analyze the overview of the situation.

KEYWORDS: garbage men, occupational risks, pain

LES RELATIONS ET LA QUALITÉ DE VIE AU TRAVAIL ET L'INCIDENCE DE LA DOULEUR DANS LE COLLECTIONNEURS MÉNAGERS MUNICIPALITÉ DE PONTA GROSSA - PARANÁ: NOTES INITIALES

RÉSUMÉ

Cette étude aimes pour déterminer la qualité de la vie et de la santé, et l'incidence de la douleur musculaire chez les hommes détritus Ponta Grossa, État du Paraná. Cette recherche a été réalisée en utilisant deux instruments valables pour la collecte de données: diagramme Corlett et Manenica (1980) et questionnaire pour évaluer la qualité de la vie et de la santé. Les sujets qui ont répondu à l'enquête avaient un âge moyen de entre vingt et quarante ans, un ensemble d'un changement effectué l'enquête, se terminant par une quarantaine d'employés, avec la participation active et aucune abstention. Les risques professionnels présents dans la vie des travailleurs, en raison de la façon dont ils travaillent, sont énormes. Compte tenu des nombreux facteurs qui peuvent mettre en danger la santé d'eux-mêmes que le contact direct avec les déchets collectés auprès des ménages, les préoccupations concernant la circulation, l'épuisement, la fatigue, le rayonnement solaire, l'exposition au changement climatique, bruit, les pentes et les terrains en montée, entre autres facteurs compromettants. De toute évidence, le risque de blessure, type de travail, sont très grandes. Surtout en raison de courir à un rythme rapide, causant plus de pression sur les articulations et la colonne vertébrale. Ainsi, vérifier comment les données de la douleur dans certains éboueurs de segment de corps et leur qualité de vie et la santé est ce qui a motivé cette recherche pour analyser l'image globale de la situation se présente.

MOTS-CLÉS: éboueurs, risques professionnels, la douleur

RELACIONES ENTRE LA CALIDAD DE VIDA DE TRABAJO Y LA INCIDENCIA DE DOLOR EN EL COLECCIONISTAS DE HOGARES DE LA MUNICIPALID DE TIP DE PONTA GROSSA- PARANÁ: NOTAS INICIALES

RESUMEN

El presente estudio aimes para determinar la calidad de vida y la salud, así como la incidencia de dolor muscular en los hombres de la basura de Ponta Grossa, estado de Paraná. Esta investigación se llevó a cabo utilizando los instrumentos validados para la recogida de datos: Corlett del diagrama y Manenica (1980) y el cuestionario para la evaluación de la calidad de vida y la salud. Los sujetos que respondieron a la encuesta tenían una edad promedio de entre veinte y cuarenta años, un conjunto de un cambio llevó a cabo la encuesta, cerrando en cuarenta empleados con la participación activa y no abstención. Los riesgos profesionales presentes en la vida de los trabajadores, debido a la forma en que trabajan, son enormes. Teniendo en cuenta los muchos factores que pueden poner en peligro la salud de ellos mismos, como el contacto directo con los residuos recogidos de domicilios, las preocupaciones sobre el tráfico, el agotamiento, la fatiga, la radiación solar, la exposición al cambio climático, los ruidos, las pendientes y terreno cuesta arriba, entre otros factores comprometedoras. Es evidente que el riesgo de lesiones, el tipo de trabajo realizado, son muy grandes. Sobre todo debido a correr a un ritmo rápido, causando una mayor presión sobre las articulaciones y la columna vertebral. De esta manera, comprobar cómo se presenta evidencia de dolor en algún segmento corporal de los hombres de la basura, así como su calidad de vida y la salud es lo que motivó esta investigación a analizar el panorama general de la situación.

PALABRAS CLAVE: hombres de la basura, riesgos ocupacionales, dolor

RELAÇÕES ENTRE A QUALIDADE DE VIDA NO TRABALHO E A INCIDÊNCIA DE DORES NOS COLETORES DOMICILIARES DO MUNICIPIO DE PONTA GROSSA - PARANÁ: APONTAMENTOS INICIAIS

RESUMO

O presente estudo tem como objetivo verificar como se apresenta a qualidade de vida e saúde assim como a incidência de dores, nos coletores domiciliares do município de Ponta Grossa, Estado Paraná. A seguinte pesquisa será

realizada utilizando dois instrumentos válidos para coleta de dados, diagrama de Corlett e Manenica (1980), questionário de avaliação da qualidade de vida e saúde (QVS – 80), sendo uma pesquisa exploratória, além de se caracterizar como estudo de caso. Os sujeitos que responderam aos questionários tem idade de 20 a 40 anos, sendo assim 100% de um turno realizou a pesquisa totalizando 40 funcionários com participação ativa, sem nenhuma abstenção. Os riscos ocupacionais presentes na vida dos coletores domiciliares pela forma de trabalho são gigantescos tendo em vista muitos fatores que podem comprometer a saúde dos coletores sendo eles, o contato direto com resíduos coletados nos domicílios, a preocupação com o trânsito, atenção constante, cansaço, fadiga, radiação, exposição ao tempo, o ritmo de trabalho acelerado, ruídos, declive, aclive do terreno entre outros fatores comprometedores. É evidente que os riscos de lesões pela forma de trabalho realizado é demasiadamente elevado, principalmente pelo fato de ser executado correndo havendo um maior estresse nas articulações do joelho e coluna. Verificar como se apresenta os indícios de dores em algum segmento corpóreo dos coletores assim como sua qualidade de vida e saúde foi algo que moveu essa pesquisa para que houvesse um panorama desta situação.

PALAVRAS-CHAVE: Coletores Domiciliares – Riscos Ocupacionais - Dor