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## Awareness and use of ergonomically designed equipment and furniture by public and private sector bankers

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**Background & Objective:** Neck and shoulder are the most susceptible areas for developing musculoskeletal symptoms among computer users. The modifiable risk factors for these work related musculoskeletal disorders include physical office environment and psychosocial work related factors. Computer workstation layout had been shown to be an important physical aspect of work environment that influences the upper quadrant symptoms. Our objective was to find the frequency of neck and shoulder pain and use of adjustable computer workstation among bankers.

**Methods:** A cross sectional study was conducted and 120 participants were questioned. Purposive sampling technique was used in this study. Maastricht Upper Extremity Questionnaire (MUEQ) was remodeled and important questions were extracted from its detailed version. The tool was then validated by taking expert opinion. Frequencies and percentages were calculated for categorical variables.

**Results:** Pain in the neck during working hours was experienced by 71.67% of the respondents and 48.33% of the participants had experienced shoulder pain during working hours. Adjustable keyboards were used by 16.67% of respondents. Back care material was used by 40% bankers. Adjustable chairs were used by 95.83% of the participants. Only 3% of the bankers did not have chairs with adjustable heights. Chairs with adjustable armrests were used by 25% bankers.

**Conclusion:** Neck and shoulder pain are common occurrences among bankers. Most of the components of workstations of bankers were adjustable but some of them still need attention.

### Biography

Sajid Rashid, PhD-PT (HEC Scholar), PP-DPT, MISCP (Ireland) is the Principal/HOD, Multan College of Physiotherapy. He is also a member of Irish Society of Chartered Physiotherapist. He did his graduation in Physical Therapy from King Edward Medical College. He did his MPhil from Riphah University and is currently pursuing his PhD from Isra University. His objective is to make effective use of his experience through serving in a well reputed organization in the field of Physical Therapy and Rehabilitation. He is a reviewer of the journals, Pakistan Journal of Medical Science & Journal of Riphah College of Rehabilitation Sciences. He has several research articles and clinical and teaching experiences. He also attended several workshop and courses. He has vast experience in serving well reputed government and private sector organizations. He worked as a clinician, an academician, a researcher and also an administrator. He has different certificates in medical education and is certified in different techniques. He presented his research work at various national and international forums.

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