

DECLARATION BY STUDENT

UNIVERSITI TEKNOLOGI MARA

Project entitled "Risk Factors of Work Related Musculoskeletal Disorders Among Domestic Waste Collectors in Shah Alam" is a presentation of my original research work. Wherever contributions of others are involved, every effort is made to indicate this clearly. I hereby declare that this project is the result of my own collaborative work and is not a copy of any other work. I have obtained the permission of Mr. Abdul Mujid bin Yusoff, Lecturer in Occupational Health and Safety, for the submission of this project to the Faculty of Health Sciences, Universiti Teknologi Mara, for the Degree of Bachelor in Environmental Health and Safety (Hons).

**RISK FACTORS OF WORK-RELATED
MUSCULOSKELETAL DISORDERS
AMONG DOMESTIC WASTE
COLLECTORS IN SHAH ALAM**

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Student's Signature:

**Project submitted in fulfilment of the requirements
for the degree of**

**Bachelor (Hons.) Of Environmental Health And
Safety
Faculty of Health Sciences**

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JULY 2015

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Project entitled "Risk Factors of Work Related Musculoskeletal Disorders Among Domestic Waste Collectors in Shah Alam" is a presentation of my original research work. Wherever contributions of others are involved, every effort is made to indicate this clearly, with due reference to the literature, and acknowledgement of collaborative research and discussions. The project was done under the guidance of Mr. Abdul Mujid Bin Abdullah as Project Supervisor. It has been submitted to the Faculty of Health Sciences in partial fulfillment of the requirement for the Degree of Bachelor in Environmental Health and Safety (Hons).

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ACKNOWLEDGEMENT

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Alhamdulillah, In the name of Allah SWT, peach and blessings to Prophet Muhammad S.A.W., all the prophets their families and all the Muslims. Praise to Allah for giving me the strength and perseverance to complete this project. I always believe that to every adversity there is an equal or greater benefit. However, it would not be possible without the kind support and help of many individuals and organizations. I would like to extend my sincere appreciation to all of them.

I am highly indebted to my project supervisor Mr Abdul Mujid Bin Abdullah for the ultimate guidance and constant supervision as well as for providing necessary information regarding the project.

I would like to express my great appreciation to Department of Solid Waste Management, Shah Alam City Council for their positive respond and cooperation in this project.

Besides I would like to express my gratitude and appreciations also go to my friends and people for willingly helping me out with their abilities. Special thanks also to my lovely parents Mr. Nuri Bin Mohamed and Mrs. Roslini Binti Jantan and my siblings for their encouragement and support during my endeavours in carrying out of this project.

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ABSTRACT

Risk Factors of Work-Related Musculoskeletal Disorders Among Domestic Waste Collectors in Shah Alam

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Introduction: Musculoskeletal disorder is one of the leading causes of occupational injury, illness and disability within many countries and different occupations. Work related musculoskeletal disorder among municipal waste collectors has been reported widely in several studies due to manual handling and also requires repeated heavy physical activities. Some recommendation may be derived from this study that may reduce or alleviate the problems of WMSDs among waste collectors. **Methodology:** A cross-sectional study among 55 waste collectors of domestic contractor services under Shah Alam City Council was conducted to identify the Work Related Musculoskeletal Disorders (WMSDs) risk factors. The data were collected by using Modified Nordic Questionnaires and video recording in order to record the entire body movement and postures during working session. The questionnaires were used to identify Demographic data, occupational information and body part affected with WMSDs signs and symptoms. An Ovako Working Analysing System (OWAS) was used to identify the posture among waste collectors during their working task by reviewing the all the videos and focused mainly on back, arms, legs and loads of the waste collectors. **Result:** The results shows that high prevalence of musculoskeletal disorders symptoms among domestic waste collectors in Shah Alam were affected on lower back pain (n=40; 72.7%), shoulders pain (n=25; 45.4%) and knees pain (n=24; 43.6%). There was a significant association between age and period of working with neck pain, wrists or hands pain and ankles or feet pain. Neck pain and wrists or hands pain were significantly associated with age with (p=0.02) while ankles or feet pain was significantly associated with period of working with (p=0.05). **Conclusion:** The OWAS score showed the action required is under Category 2. This indicated that the corrective action is required in the near future. In addition, we can conclude that most of the workers are faced towards ergonomic hazards as they need to work in manual handling and repetitive task.

Keywords: *Musculoskeletal Disorders, Domestic Waste Collectors, OWAS*

Kata kunci: Gangguan Muskuloskeletal, Koleksi Sisa Dalam Negeri, OWAS