

**UNIVERSITI TEKNOLOGI MARA**

**WORK RELATED MUSCULOSKELETAL  
DISORDERS AMONG  
WASTE COLLECTOR IN KLANG**

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

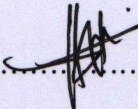
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### **Declaration by Student**

This project paper entitled "*Work-related Musculoskeletal Disorders among Waste Collector in Klang*" is a presentation of my original 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. This project was done under the guidance of Mr. Abdul Mujid B. Abdullah as Project Supervisor. It has been submitted to the Faculty of Health Science in partial fulfillment of the requirement of Bachelor of Degree in Environmental Health and Safety (Hons).

Students Signature

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## ABSTRACT

### Work Related Musculoskeletal Disorders among Waste in Klang

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**Introduction:** Musculoskeletal disorders are one of the leading causes of occupational injury, illness and disability within many countries and different occupations. Work related musculoskeletal disorders among waste collector has been reported widely in several studies due to manual handling and also requires repeated heavy physical activity. **Methodology:** A cross-sectional study among 46 waste collector workers services under Klang Municipal Council was conducted to identify the work related musculoskeletal disorders (WMSDs) of Rapid Entire Body Assessment (REBA) score. The data were collected by using Modified Nordic Questionnaire and video recording in order to record the entire body movement and posture during working session. The questionnaires were used to identify Demographic data, occupational information and body part affected with WMSDs sign and symptoms. An Rapid Entire Body Assessment (REBA) was used to identify the posture among waste collector during their working task by reviewing the all video and focused mainly on back, arms, legs and loads of the waste collector. **Result:** The shows the high prevalence of musculoskeletal disorders symptom in Klang were affected on lower back is 18 workers is with 60.9%, followed of neck and upper back 20 workers with 43.5% respectively, shoulder is 11 workers with 23.9%. Lastly is knee and legs are 9 workers with 19.6% **Conclusion:** The REBA score show that, the majority of the participants have scores between 8 to 10. This mean, they are categorized under high risk of musculoskeletal disorders (MSDs) which required further investigation and changes of the work process. 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

Keyword: *Musculoskeletal Disorders, Waste collectors, REBA*