

UNIVERSITI TEKNOLOGI MARA

**THE IMPACT OF WORKSTATION
DESIGN AMONG THE EMPLOYEES
IN MMC OIL & GAS ENGINEERING
OFFICE**

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Bachelor Interior Architecture (Hons.)

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AUTHOR'S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA. It is original and is the results of my own work, unless otherwise indicated or acknowledge as referenced work. This dissertation has not been submitted to any academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with Academic Rules and Regulations for Undergraduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

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ABSTRACT

The workstation design nowadays keeps having evolution year-by-year. Various types of workstation had been produced due to the demand of the workers with different types of job. The people with sedentary job sitting for too long without any movement can cause to musculoskeletal disorders (MSDs) or work-related musculoskeletal disorders (WMSDs). Furthermore, the inappropriate ergonomic and design of workstation hasten the discomfort among the workers. The workstation design can affect the physical conditions of the employees and may lead to work-related musculoskeletal disorders (WMSDs). In this study will concentrate on musculoskeletal discomfort among the employees and the standard ergonomic of workstation design. Quantitative method was used in this study by distributing questionnaires among thirty-seven respondents with sedentary job located in Kuala Lumpur. The collected data will be analyzed using the summary that indicated in Google Form and the CMDQ equation and guideline for calculating the discomfort score. Results indicated the respondents feel most discomfort in lower back (595,476) and neck (376,200) respectively. Moreover, 64.9% of the respondents agreed the office chair do not support their lower back and 40.5% agreed the monitor height does not position properly. The inappropriate ergonomic of workstation results the discomfort level of lower back and neck among the respondents. The relationship between the workstation design and musculoskeletal discomfort cannot be denied. From this study, it is hoped that this will give benefit to the employer for future physical and mental health.

Keywords: Workstation design, Musculoskeletal Disorder, Work-related Musculoskeletal Disorder, Office Ergonomic.

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