



FACTORS THAT CONTRIBUTE TO THE WORKPLACE INJURIES ON THE
ADMINISTRATIVE STAFF AT BERA DISTRICT AND LAND OFFICE, PAHANG

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ABSTRACT

The researchers examined the factors that contribute to the employee's injuries in the workplace, at the same time to determine the effects and causes of the workplace injuries on Administrative Department at Bera District and Land Office. The factors that contribute to the workplace injuries can be classified as physical and psychological factors. The growing of the new technology like computer had increased somehow with the new injury like musculoskeletal problems such as carpal tunnel syndrome, repetitive strain injury, back pain, eye strain and many more. The researchers obtained data from questionnaires which consist of convenience sampling. The questionnaires were distributed to Administrative Department in Bera District and Land Office. The researchers found that office workers in this organization were suffering with carpal tunnel syndrome, back pain, eyes strain, headache and neck pain but the most common injury that these office workers were suffering was eye strain because they spent more time in front of the computer while the least injury was carpal tunnel syndrome. The researchers also found that top management is responsible to prevent the injuries from occurring. It is because the top management has to ensure that all the equipments in this organization were fulfilled. Besides, there are several suggestions received by the researchers to overcome the problem that are faced by this organization which are to hire a consultant to give advice to the organization in choosing the best equipments with good ergonomic designs that are suitable, to focus only on one topic and all the employees were advised to take five minutes break in order to make sure the employees feel relax and can continue doing their work smoothly without having any problem.

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CHAPTER 1

INTRODUCTION

1.1 Background of the Study

Injuries were common in the workplace, especially in jobs that are exposed the workers to various health hazards daily. Based on the workplaceinjury.com there were several types of common workplace injury such as factory based injuries, heavy machinery and equipment based injuries, office based injuries, retail based injuries and warehouse based injuries. Each type of job carries with it risks for certain injuries. Before this, types of jobs that were more prone to injuries were those that involved manual labor but nowadays office workers were also exposed to the injury. The growing of new technology like computer had increased somehow with the new injury like musculoskeletal problems such as carpal tunnel syndrome, repetitive strain injury, back pain, eye strain and many more. Just as computers had changed the way office workers work and the well ergonomic of office environment, it was becoming increasingly necessary for office workers to change the way to operate the machines. There were concerns over the proper and safe use of computer equipments to prevent injury. Safe computer used, including body posture, correct typing and mousing methods, and workstation adjustments help to prevent musculoskeletal problems.