



PREVALENCE AND RISK FACTORS OF UPPER BACK PAIN AMONG HEAVY VEHICLE DRIVERS IN GALLE DISTRICT, SOUTHERN PROVINCE, SRI LANKA

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ABSTRACT

Musculoskeletal Disorders (MSD) due to occupational factors is more common among drivers at present. Various factors such as driving for long hours, driving seat position and angle, and driver's posture can affect the drivers to get Musculoskeletal Disorders. Professional drivers are a high-risk group for musculoskeletal disorders involving the spine, shoulder, back, neck, knee and pains in upper and lower extremities. Objective of this research was to assess the prevalence and risk factors of upper back pain among heavy vehicle drivers in Galle district. A descriptive cross sectional study was done on a conveniently selected sample of 80 heavy vehicle drivers in Galle district using a self-administered questionnaire. A majority of 77.8% of the drivers drive for more than 6 hours per day and among them, 63% complained of numbness in their neck and shoulder area. 54% of them stated that the pain affects their carrier. 62% out of them stated that they get upper back pain while driving. 47 participants have stated that they get upper back pain mostly on the following day after a drive. Majority of them (64%) do not keep any back support and they lean to the seat while driving. Only 32% of the participants had sought medications for their conditions. Majority of them have used home remedies for their musculoskeletal pain without seeking any medical advice. According to this research heavy vehicle drivers were more prone to get musculoskeletal disorders. Among heavy vehicle drivers, upper back pain is one of the most commonly identified Musculoskeletal Disorder. Driving for long hours and the wrong sitting posture were the most common risk factors for upper back pain among heavy vehicle drivers.

Keywords: Muscular skeletal disorders, Risk factors, Upper Back Pain, Heavy Vehicle drivers, Galle district