

Abstract #: 308

Presented by: Iraidalys Rivera-Flores, BS, Graduate Student

Relationship Between Effective Educational Programs in Safety for Young Workers and Injuries at Work

Iraidalys Rivera-Flores, University of Puerto Rico, Medical Science Campus, Lida Orta Anès, University of Puerto Rico Medical Science Campus

Keywords: Young Worker, educational programs, injuries at work

Objective: After reviewing all the literature, we found that young workers are a population that is at risk and needs attention. For this, the aim of this study is to identify what type of information young workers are receiving about safety at work, as they enter the workforce. Also to determine how this information affect safety education programs to promote healthy work environments.

Methods: The aim of this pilot study is to identify what type of information young workers are receiving about safety at work. Also to determine what type of technology will be the preferred one by young workers in order to promote healthy work environments. A self-response survey was distributed to a group of young workers from urban and rural areas in Puerto Rico.

Results: From a convenience sample size of 50 young workers participants, the highest percentage of tasks or jobs reported were in the area of office work with 22.4%. Eighty eight percent (87.8%) of respondents agree with use the technology to educate young workers. Approximately, half of the respondents (50%) have not seen information about safety in their work place. The results show that jobs in the construction, research and cleaning are the type of jobs that mostly use security equipment in work. Fifty six percent (56%) of young worker in the sample, received information about safety before starting work. Among the young workers reporting that they never received information about safety before starting work, 44% also reports that at least once time their health and safety was at risk for not having the proper safety equipment.

Conclusion: The creation of effective safety education should be a priority in workplaces where young people are. Modern technology such as the internet, mobile phones applications and electronic modules are easily accessible resources for them, and should be considered as an effective approach.

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Presented by: Sheila M. Serrano, Msc. Industrial Hygiene Graduate Student

Ergonomic Instruments and Techniques Used by Health Care Workers to Reduce Musculoskeletal Disorders in Humacao, Puerto Rico

Sheila M. Serrano, UPR-RCM Msc.Industrial Hygiene Graduate Student; Lida Orta-Anes, UPR-RCM Professor

Keywords: occupational health, homecare workers, musculoskeletal disorders

Objective: Our sample of interest is the homecare workers hired by agencies and hospices. It is known that patient's houses are insecure because they don't have the facilities that a hospital or a caring center has. For the Occupational Safety and Health Agency is difficult to reach these environments and to make them follow the ergonomic guidelines. In Puerto Rico as in the US it is difficult to reach health care workers that are live-ins. Our objective is to study health care workers from different agencies, (live-ins, health care visits and hospices) in order to determine their injury profile.

Methods: We will administer a survey to a convenience sample of 18 healthcare workers to study their incidence of musculoskeletal disorders in Puerto Rico. We are going to use open and closed questions to make a descriptive analysis of the situation in Puerto Rico.

Results: Many of the health care workers interviewed recognize the necessity of education, instruments and tools to assist and minimize musculoskeletal disorders. Seventeen of 18 have pains or injuries in their body after work. The back is the most affected part of the body. Few employees report using ergonomic instruments to make lifts or transfers of patients, such as the gait belt and the transfer board. The majority of them want extra help from somebody else in lifting and handling patients to and from the bed.

Conclusion: In Puerto Rico we had seen that the situation is very similar to the one exhibited by these workers in the US. Musculoskeletal disorders are one of the biggest problems of home healthcare workers, nurses, assistants and caregivers. Organizations need to take action to implement equipment, instruments, and workshops to show techniques and educate health care workers regarding safe lifting and patients handling.

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