



Low Back Pain and Work-Related Risk Factors among Drivers of Pondicherry

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Abstract

Several international scientific investigators proved that long-term whole-body vibration from engines and vehicles is an important mechanical stress factor contributing to early and accelerated degenerative spine diseases, leading to back pain and prolapsed discs. Poor body posture, inadequate seat support and fatigue of back muscles have been described as co-factors in the pathogenesis of musculoskeletal disorders of the spine in operators/drivers. A survey of drivers was conducted to determine the actual situation of drivers' low back pain (LBP). The survey was carried out in September- October, 2013, the target drivers were asked to complete a questionnaire which contains questions regarding physique of drivers, demographic features, working conditions, office environment, health conditions, the presence of low back pain, the level of low back pain based on Visual Analogue Scale and Roland-Morris Disability Questionnaire score. As a result, the total number of valid responses was 667 and the response rate was 74 percent, and the 1-week prevalence of LBP was 22.9 percent of respondents. Regarding 158 subjects with LBP, Visual Analogue Scale (VAS) averaged 4.1. There was a positive weak correlation between VAS and Roland-Morris Disability Questionnaire score ($R=0.41$). And Logistic regression analysis was performed to examine the relationship between LBP and occupational factors, the results suggested following items as risk factors; such as history of LBP, suffering from fatigue, diseases other than LBP and smoking habit.

Keywords: Epidemiology; Low back pain; Occupational risk factor; Taxi drivers; Disability questionnaire.