

INTERVENTIONS TO PREVENT MUSCULOSKELETAL DISORDERS AMONG INFORMAL SECTOR WORKERS: A LITERATURE REVIEW

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Abstract. Despite the increasing incidence of musculoskeletal injuries among informal sector workers due to exposure to workplace risk factors, there is a dearth of literature examining the effectiveness of interventions to prevent musculoskeletal disorders. The aim of this study was to investigate the effectiveness of interventions to prevent musculoskeletal health problems and/or reduce risk factors among informal sector workers. A systematic review of the literature was conducted using an appraisal checklist developed by the Joanna Briggs Institute. The heterogeneity of the studies precluded a meta-analysis, so a narrative synthesis method was used. Eight intervention studies met the inclusion criteria. This review identified three types of interventions: 1) mechanical exposure interventions, 2) production systems/organizational culture interventions and 3) modifier intervention. These interventions provided high and moderate evidence to support the use of these strategies for prevention of musculoskeletal injuries or workplace risk. The effects, whether positive, negative or none, was influenced by sample size, sampling technique, comparison group and time examined.

Keywords: work-related musculoskeletal disorder, informal sector worker, systematic review

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